

## **Fire Cracker Chicken Pita Pocket**

### **Yields:**

one 3 unit serving of EACH protein, carbohydrates, fats requirements  
**FOLLOW YOUR SPECIFIC PORTION AMOUNTS AS DIRECTED**

### **Ingredients:**

3 oz. chicken, cooked/grilled  
4" cucumber, peeled and diced  
1 2" tomato, diced and seeded  
1 slice purple onion, chopped (optional)  
ground red pepper, to taste  
1 Tbsp. low or fat free plain yogurt  
Hot pepper or Chile Sauce, to taste  
1/2 whole wheat pita pocket

### **Directions:**

1. Prepare chicken how you want and dice into bite sized pieces.
2. In a small mixing bowl, combine all of the ingredients except the pita. Blend well.
3. Scoop the mixture into your pita and enjoy!