

# CURRIED CHICKEN PITAS

Recipe of the Month | JULY

## WAC Fun Food Fact

Turmeric, which is a component of curry powder, may act as an inflammatory agent, reducing joint inflammation and pain of arthritis. Other possible benefits are cancer prevention and heart health.

## INSTRUCTIONS

1. Combine yogurt, mayonnaise and curry powder in a large bowl. Add chicken, pear, celery, cranberries and almonds; toss to combine.
2. Fill each pita half with  $\frac{1}{2}$  cup chicken salad and  $\frac{1}{4}$  cup sprouts.

## Nutrition information

Per serving: 352 calories; 9 g fat(2 g sat); 6 g fiber; 43 g carbohydrates; 27 g protein; 32 mcg folate; 61 mg cholesterol; 17 g sugars; 0 g added sugars; 130 IU vitamin A; 4 mg vitamin C; 100 mg calcium; 2 mg iron; 324 mg sodium; 438 mg potassium

## INGREDIENTS

- 6 tablespoons nonfat plain yogurt
- $\frac{1}{4}$  cup low-fat mayonnaise
- 1 tablespoon curry powder
- 2 cups cooked, cubed chicken breast
- 1 ripe but firm pear, diced
- 1 stalk celery, finely diced  $\frac{1}{2}$  cup dried cranberries
- $\frac{1}{4}$  cup sliced or slivered almonds, toasted
- 4 4-to-5-inch whole-wheat pita breads, cut in half
- 2 cups sprouts



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