

Eat to Live Well

Recipes for a Healthy Life after Bariatric Surgery



Chicken Pita Sandwich

Ingredients:

- 4 3-ounce chicken breast
- 2 tablespoons of Olive oil
- 1/2 cup non-fat plain Greek yogurt
- 4 whole grain pitas
- Optional ingredients: dried basil leaves, lettuce, tomato, bean sprouts

Directions:

1. Bake skinless chicken breast with olive oil and seasonings of your choice.
2. If desired, combine Greek yogurt with dried basil leaves
3. Spread yogurt mix inside of pita
4. Once chicken is cooked, cut into thin slices and place inside pita (4 slices per pita)
5. Top as desired with lettuce, tomato, and/or bean sprouts

Number of servings: 4

Serving Size: 1 pita

Nutrition Per Serving:

Calories	267.6
Total Fat	9 g
Cholesterol	11.8 mg
Sodium	360.8 mg
Potassium	183.0 mg
Carbohydrate	36.3 g
Fiber	4.7 g
Sugars	1 g
Protein	13.1 g

Submitted By: Employee

To view more recipes or submit your own visit
www.charleston.va.gov/services/bariatric