

Chicken Caesar Pitas



Servings: 4

For the Pitas

1 pound skinless boneless chicken breast

1 tablespoon Italian seasoning

2 cups romaine lettuce, chopped

2 pita breads, cut in half

For the Caesar Dressing:

1/2 cup mayonnaise

2 tablespoons lemon juice

1 tablespoon dijon mustard

3 dashes worcestershire sauce

2 garlic cloves, minced

Rub your chicken with Italian seasoning until completely coated.

Bake the chicken in a 350°F oven for 35-40 minutes until cooked though. When the chicken is cool enough to handle cut into bite-sized pieces.

In a bowl combine mayonnaise, lemon juice, dijon mustard, worcestershire sauce, and garlic. Set aside.

In a bowl combine, chicken, romaine lettuce, and Caesar dressing. Toss to coat.

Place the mixture into pitas.

Serve

Per Serving (excluding unknown items): 234 Calories; 10g Fat (37.3% calories from fat); 27g Protein; 9g Carbohydrate; 3g Dietary Fiber; 88mg Cholesterol; 260mg Sodium; 5g Total Sugars; 0mcg Vitamin D; 50mg Calcium; 2mg Iron; 700mg Potassium; 284mg Phosphorus. Exchanges: .