

Quick & Healthy Meal Ideas

From the EWSNetwork kitchen to yours... specifically designed after a long day at work!

Indian Spiced Chicken Pitas



Ingredients

- 1 lb boneless, skinless chicken breasts
- 1.5 tsp garam masala
- $\frac{3}{4}$ tsp salt
- 1 cup thinly sliced seeded cucumber
- $\frac{3}{4}$ cup nonfat plain yogurt
- 1 tbsp chopped fresh cilantro, or mint
- 2 tsp lemon juice
- Pepper to taste
- 4 6-inch whole-wheat pitas, warmed
- 1 cup shredded romaine lettuce
- 2 small or 1 large tomato, sliced
- $\frac{1}{4}$ cup thinly sliced red onion

Instructions

1. Preheat grill to medium-high or position rack in upper third of oven and preheat broiler. If grilling, oil the grill rack. If broiling, coat a broiler pan with cooking spray.
2. Sprinkle chicken with 1 teaspoon garam masala and $\frac{1}{2}$ teaspoon salt. Place the chicken on the grill rack or prepared pan and cook until no longer pink in the center and an instant-read thermometer inserted into the thickest part registers 165°F, 4 to 8 minutes per side, depending on the size of the breast. Transfer the chicken to a clean cutting board and let rest for 5 minutes.
3. Meanwhile, combine cucumber, yogurt, cilantro (or mint), lemon juice, the remaining $\frac{1}{2}$ teaspoon garam masala and $\frac{1}{4}$ teaspoon salt and pepper in a small bowl. Thinly slice the chicken. Split open the warm pitas and fill with the chicken, yogurt sauce, lettuce, tomato and onion.

Nutritional Info (per serving)	Calories: 333
Fat: 5g	Saturated Fat: 1g
Protein: 32g	Carbohydrates: 44g
Fiber: 6g	Sodium: 637mg

Eating Well. (2009). Indian-spiced chicken pitas. Retrieved from <http://www.eatingwell.com>