

## **Chicken Pita Sandwich**

8 oz. fat-free cream cheese, softened  
3 tbsp. skim milk  
1 tbsp. lemon juice  
1 lb. chicken breast, boneless, skinless, cooked,  
cubed  
1/2 cup green pepper, chopped  
2 tbsp. green onion, chopped  
1 tsp. mustard, ground  
1/2 tsp. thyme, dried  
1/2 tsp. salt  
1/2 tsp. pepper  
1/4 cup walnuts, chopped  
3 large pita breads, halved  
Alfalfa sprouts (optional)

In a mixing bowl, beat cream cheese, milk, and lemon juice until smooth. Stir in chicken, green pepper, onions, mustard, thyme, salt, and, pepper; refrigerate. Just before serving, stir in walnuts. Spoon about 1/2 cup of filling into each pita half. Top with alfalfa sprouts, if desired. Makes 6 servings.

Nutrition information per serving: calories 311; protein 36 grams; fat 7 grams; sodium 646 mg