

Chicken Pear Salad Pocket

24 Servings



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Ingredients

8 cups diced, cooked chicken
12 cups Pacific Northwest Canned Pears, diced, in juice,
drained
6 cups diced celery
2 cup dried cranberries
3 cups Yogurt Dressing (recipe follows)
24 whole grain pita pockets
12 cups shredded lettuce

YOGURT DRESSING

1-1/2 cups mayonnaise
1-1/2 cups Greek-style plain yogurt
1/3 cup finely chopped parsley, chives or a combination
Salt and freshly ground black pepper

Method

In a bowl combine the chicken, pears, celery and dried cranberries. Add the Yogurt Dressing and toss gently to thoroughly coat the ingredients. Cover and refrigerate until ready to use, at least 2 hours.

To serve, cut each pita pocket in half and open. Fill each half with 1/4 cup shredded lettuce and about 1/2 cup chicken salad. Serve 2 halves per person.

YOGURT DRESSING

In a medium bowl, whisk together the mayonnaise, yogurt and herbs, and season to taste with salt and pepper. Cover and refrigerate at least 1 hour or until ready to serve. Makes 3 cups.

Servings

Makes 24 servings (1 pita pocket with 1 cup filling)

Nutrition

Calories	360
Calories from Fat	100
Fat	11 g
Saturated Fat	2 g
Cholesterol	55 mg
Sodium	340 mg
Carbohydrate	45 g
Dietary Fiber	6 g
Sugar	20 g
Protein	21 g
Vitamin A	8% DV
Vitamin C	4% DV
Calcium	6% DV
Iron	15% DV