

Chicken Pear Salad Pocket

6 Servings



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Ingredients

1 (15-ounce) can Pacific Northwest Canned Pears, halves or slices, in juice, drained
2 cups diced, cooked chicken
1-1/2 cup diced celery
1/2 cup dried cranberries
2/3 cup Yogurt Dressing (recipe follows)
6 whole wheat pita pockets
3 cups shredded lettuce

YOGURT DRESSING

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

Method

Dice the pears and put them in a bowl with the chicken, celery and cranberries. Add the Yogurt Dressing and toss gently to coat the ingredients thoroughly. Chill until ready to serve.

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 small bowl, whisk together the mayonnaise, yogurt and herbs, and season to taste with salt and pepper. Cover and refrigerate until ready to use.

Makes 2/3 cup.

Servings

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Nutrition

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