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Champion Chicken Pockets

Total Time: 15 mins

Ingredients

- 1/4 cup(s) yogurt, low-fat plain
- 1/4 cup(s) dressing, reduced-fat ranch
- 1 1/2 cup(s) chicken, breast (cooked), chopped
- 1/2 cup(s) broccoli, chopped
- 1/4 cup(s) carrot(s), shredded, shredded
- 1/4 cup(s) nuts, or walnuts (optional)
- 2 large pita, whole-wheat, halved crosswise

Preparation

1. In a small bowl stir together yogurt and ranch salad dressing.
2. In a medium bowl combine chicken, broccoli, carrot, and, if desired, nuts. Pour yogurt mixture over chicken; toss to coat. Spoon chicken mixture into pita halves.