



MEDITERRANEAN CHICKEN PITA

Diced chicken paired with Mediterranean fix-ins, all stuffed inside Rich's whole grain dough

Yield: 2 Pitas



INGREDIENTS

1 Each	RICH5 5" Whole Grain Rich Proof & Bake Sheeted Pizza Dough, 150 2.5-Oz (#00577)
3/4 C	Diced Chicken Breast
1/4 C	Diced Cucumber
1/4 C	Diced tomato
1/4 C	Sliced black olives
1/4 C	Sliced red onion
1/2 C	Light Mayonnaise
2 tbsp.	Hummus
1/4 C	Chopped Romaine Lettuce
1/8 C	Fresh Spinach

DIRECTIONS

- 1 Prior to Use: Store product frozen at 0 to -10°F until ready to use. Remove desired number of doughs from the case and cover the pan of dough with plastic to prevent dough from drying out during thawing. Place covered dough in the cooler to thaw overnight.
- 2 Allow covered thawed dough to rise at room temperature 1-2 hours until it is light and fluffy. Remove plastic wrap and allow dough surface to dry.
- 3 Place dough rounds on a lightly greased sheet pan without paper liner. Place in a 375°F oven to bake. The dough will begin to rise in the center forming a pillow. Continue to bake until just light brown.(approx. 8-9 min.)

CHEF NOTES

This recipe provides 2.25 oz grain eq., 3.75 MMA, 1/8 Red/Orange, 1/8 Dark Green, and 1/2 Other Veg per 1 pita in accordance with USDA guidelines for child nutrition.

- 4 Cool the puffed baked rounds and use a serrated knife to cut in half forming 2 pocket pitas.
- 5 Combine ¾ c. diced cooked chicken breast, ¼ c. each diced cucumber, diced tomato, sliced black olives, sliced red onion and ½ c. light mayonnaise.
- 6 Spread 2 Tbsp. hummus in each half of pita and top with ¼ c. chopped Romaine lettuce & 1/8 c. fresh spinach. Place ½ c. Mediterranean chicken salad in each half of the pita.
- 7 Serve with 2 Tbsp. Tzatziki sauce to drizzle over the fillings.