

---

# *Chicken Salad Pitas*

**Makes 8; Serves 4 to 6**

**Mandarin oranges, toasted almonds, and celery enliven chicken salad with bursts of wonderful color and flavor.**

- 3 Celery stalks, 1 coarsely chopped and 2 thinly sliced
- 1 Medium sweet yellow onion, coarsely chopped
- 1 Carrot, coarsely chopped
- 2 Sprigs fresh thyme
- 1 1/2 Teaspoons salt, plus more for seasoning
- 2 Boneless, skinless chicken breasts (12 ounces total)
- 1/3 Cup lite mayonnaise
- 1 Tablespoon fresh lemon juice
- 1 Teaspoon Dijon mustard
- Freshly ground pepper
- 1/2 Cup slivered almonds, toasted
- 1 Cup canned mandarin orange segments (from one 11-ounce can)
- 8 Pita breads (6 or 8 inch); Whole Wheat Pitas
- 8 Lettuce leaves

## **Directions**

1. Bring 2 cups water, chopped celery, onion, carrot, thyme, and salt to a boil in a medium saucepan. Reduce heat to a simmer. Add chicken; cover and simmer until cooked through, about 15 minutes. Transfer chicken to a bowl; let cool, then shred with two forks. Discard contents of pan.
2. Stir together lite mayonnaise, lemon juice, and mustard in a medium bowl. Season with salt and pepper. Stir in chicken, sliced celery, and almonds. Gently fold in orange segments.
3. Cut 1 inch from top of each pita to open pocket. Fill each pita with 1 lettuce leaf and 1/2 cup chicken salad.

---

***Nancy Adler***

CERTIFIED FITNESS & NUTRITION C.F.T./S.P.N.

2511 Fire Road Suite B7  
Egg Harbor Township, NJ 08234  
609-677-5599