

chicken waldorf pitas with curried Yami yogurt sauce

waldorf salad, marinated chicken breast, avocado and curried yogurt dressing—yum!

Servings: 4-8

ingredients:

2 whole cooked chicken breasts,
1/2 c Italian dressing
1 medium green apple, cubed
1/4 c thinly sliced celery
1/4 c toasted sliced almonds,
1/4 c raisins
2 California avocados, peeled
and cubed
4 pita/pocket bread rounds
8 leaves green leaf lettuce
cherry tomatoes, optional

Curried yogurt sauce:

1 c plain Yami lowfat yogurt
1/2 tsp curry powder (or to
taste)
1/4 tsp mace

preparation:

Skin, bone and cube chicken breasts; place into small bowl, add Italian dressing, and toss. Cover and let marinate in refrigerator 4-8 hours.

Curried yogurt sauce: combine curry and mace and fold into yogurt until well blended; set aside.

Waldorf chicken filling: remove chicken from refrigerator and stir in almonds, raisins, apples and celery. Add curried yogurt sauce to chicken mixture, and then gently fold in avocados.

Slice pita/pocket bread rounds in half and tuck lettuce leaf into pocket. Gently spoon in chicken mixture on top of lettuce.

Garnish with tomatoes and enjoy!

Yami[®]
yogurt