



Fajita in a Pita

Adapted from: Month of Meals, Quick and Easy Menus for People with Diabetes, Meals in Minutes, 3rd Edition.

Yield: 4 servings
Serving Size: 1 pita
Preparation Time: 10 minutes
Cook Time: 15 minutes

Exchange Value: 2½ starch, 3 oz. protein, 2 vegetables

1/3 cup fat-free Italian dressing
1/3 cup light soy sauce
4 4-oz chicken breasts, sliced
4 cups raw vegetables of choice
4 7-inch pitas
¼ cup plain low-fat yogurt
½ cup salsa

1. Combine salad dressing, soy sauce, and sliced chicken breasts in a dish. Cover and chill at least 2-4 hours.
2. Remove chicken from marinade, reserving marinade.
3. Stir-fry chicken until juices run clear.
4. Remove chicken and keep warm.
5. Place 3 tablespoons marinade into skillet. Place vegetables into skillet and stir-fry until tender but crisp and liquid is absorbed.
6. Fill pita halves with cooked chicken and vegetables.
7. Serve with yogurt and salsa.

Variations

1. Use fat free sour cream instead of yogurt.
2. Use ½ cup low carbohydrate pasta and serve chicken mixture over pasta. Exchange value with this variation is the following: 6 oz. protein, 2 vegetables.
3. Use 1-10 inch low carbohydrate tortilla and make a wrap. Exchange value with this variation is the following: 4 oz. protein, 2 vegetables.