

# Chicken and Pear Pockets

## Ingredients:

- 4 pita pockets, cut in halves
- 1 medium pear, cored, halved, and thinly sliced
- 1 tablespoon lemon juice
- 8 slices part-skim Swiss cheese
- 3 chicken breast halves, cooked, cooled, and sliced
- 2 teaspoons fat-free mayonnaise
- 1 teaspoon Dijon style mustard
- 4 lettuce leaves
- Salt and pepper, to taste

**Directions:** Spread mayonnaise and mustard inside each pita half and line with lettuce leaves. Toss pear slices with lemon juice to prevent browning. Arrange pear slices and cheese in pita halves. Season chicken with salt and pepper and arrange in sandwiches.

<b>Nutrition Facts</b>	
Serving Size 2 halves (@ 9 ounces) (259g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 380	Calories from Fat 45
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 960mg	<b>40%</b>
<b>Total Carbohydrate</b> 48g	<b>16%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 8g	
<b>Protein</b> 33g	
Vitamin A 80%	• Vitamin C 20%
Calcium 50%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Analysis completed using The Food Processor SQL© Nutrition Analysis Software from ESHA Research, Salem, Oregon. 6-18-08

