

U The Lexingtonienne U

CHICKEN VEGGIE PITAS

- 1 T canola oil
- 1/2 onion, cut into chunks
- 1/2 red bell pepper, cut into chunks
- 1 zucchini, cut into chunks
- 1 summer squash, cut into chunks
- 5-6 mushrooms, sliced
- 1 handful shredded carrots
- 1 clove garlic, minced
- 2 C cooked chicken, cut or shredded into bite-size pieces
- 1 tsp Italian dressing and/or other flavoring as desired - 1/4 C cooking wine, fresh or dried herbs, hot sauce - whatever you like
- Salt & pepper to taste
- 1/4 C Feta cheese crumbles
- Whole wheat pita pockets
- Balsamic vinegar

Over medium high heat in a heavy skillet, saute onion, pepper, zucchini, and squash in the canola oil. Cook for a few minutes, stirring occasionally, then add mushrooms, carrots, and garlic. Stir in chicken. Add dressing and/or other desired flavoring (I used a little bit of Marsala wine as well as the dressing), and season to taste. Remove from heat and stir in cheese. Scoop into pita pockets and drizzle with balsamic vinegar.

This made a batch large enough for several pitas... perfect for lunches or snacks during the week. Keep the veggie mixture in Tupperware in the fridge, then scoop into pitas when you are ready to eat. Heat it up or eat it cold. And if you are carb-averse, you could use iceberg lettuce leaves as a wrap, or just eat it with a fork.

