



Pitta pocket

★★★★☆ (4 ratings)

By [Sophie Godwin](#)

[Magazine subscription – 5 issues for £5](#)

PREP: 2 MINS

EASY

SERVES 1

A low-fat, healthy snack with chicken, tomatoes and cucumber under 150 calories, and it takes just minutes to prepare



Healthy

Nutrition: per serving

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
146	2g	0g	17g	4g	3g	13g	0.3g

Save to My Good Food

Print

Ingredients

- 1/2 wholemeal pitta bread
- 25g cooked skinless chicken breast
- 1/4 cucumber, cut into chunks
- 4 cherry tomatoes, halved

Method

1. Fill the pitta half with the chicken breast, cucumber and cherry tomatoes.

Recipe from Good Food magazine, April 2016

Taken from <https://www.bbcgoodfood.com/recipes/collection/healthy-kids>