

Avocado and Chicken Pita Sandwich

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This is a great lunch recipe. Also easy to pack for a kids lunch or a lunch at the office. Simply pack the pita separately and do not fill it until you are ready to eat. Serves 2.

Ingredients:

1 large avocado, peeled, pitted, and diced
1/4 cup frozen corn kernels, defrosted
1/4 cup sliced black olives
1/4 cup chopped red onion
1/4 cup diced fresh tomato
1 cup chopped chicken breast
2 large leaves of lettuce, chopped
2 pita pockets

Directions:

1. Toss together everything except for lettuce and pita pocket.
2. Season with salt and pepper.
3. Place the lettuce inside the pita pocket and fill with chicken and avocado mixture.
4. Enjoy with chips or fresh veggies!

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