

Peppered Chicken Pitas

Servings: 2

Adapted from

<http://www.livebetteramerica.com/recipes/peppered-pork-pitas-with-garlic-spread/46672b9b-3852-4e23-8f1f-f748f57fcb2e>

Ingredients

1/8 cup mayonnaise
1/2 tsp minced garlic
1 boneless, skinless chicken breast, cut into thin bite-size strips
1 tsp olive oil
1/2 tsp pepper
4 oz roasted red bell peppers, drained, sliced
1/2 cup lettuce
2 Flatout multi-grain flatbreads

Preparation

- 1) In small bowl, mix mayonnaise and garlic; set aside.
- 2) In medium bowl, mix chicken, oil and pepper.
- 3) Heat 10-inch skillet over medium-high heat. Add chicken mixture; cook 5 to 6 minutes, stirring occasionally, until chicken is lightly browned and no longer pink in center. Stir in bell peppers; heat until warm.
- 4) Heat flatbreads in microwave for 10-15 seconds. Lightly spread one side of each flatbread with garlic mixture. Spoon chicken/pepper mixture over each. Top with lettuce and fold.

Roasted Pesto Potato Hash

Servings: 2

Adapted from <http://ohmyveggies.com/recipe-roasted-pesto-potato-hash/>

Ingredients

1/2 lb red potatoes, cut into 1/2 inch pieces
1/4 Tbsp olive oil
1/4 tsp salt
1/4 tsp pepper
1 1/2 Tbsp prepared pesto
1 Tbsp grated Parmesan cheese

Preparation

- 1) Preheat oven to 375 degrees.
- 2) Toss potatoes, oil, salt, and pepper together in a large bowl. Spread in a single layer on rimmed baking sheet.
- 3) Bake for 30-35 minutes or until tender, stirring approximately every 15

minutes.

4) Transfer potatoes to bowl. Add pesto and cheese; stir until potatoes are evenly coated with pesto.