

Greek Chicken Pita Folds



Makes:

4 servings

Utensil:

Saladmaster Food Processor
5 Qt./4.7 L Multi-Purpose Oil Core
small mixing bowl

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Recipe:

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1½ teaspoons
lemon pepper seasoning

(3
g)
½ teaspoon
dried oregano

(1
g)
¼ teaspoon
allspice

(0.5
g)
salt and pepper to taste
1 tablespoon

flour
(8
g)
1 cup
Greek yogurt, room temperature
(200
g)
4 pita folds

Toppings

Directions:

1. Preheat MP5 temperature probe to 250°F/120°C. Add in garlic and onions. Sauté for approximately 5 minutes.
2. Turn temperature probe to 170°F/75°C. Place chicken, lemon pepper, oregano and allspice into MP5. Stir to coat chicken with seasonings. Cover and cook 4 – 6 hours.
3. When cooked, remove chicken and place on cutting board. Break up chicken into bite-size pieces with 2 forks. Add salt and pepper to taste. Return to MP5.
4. In mixing bowl, stir flour into yogurt. Stir mixture into the

- chicken mixture in MP5. Reset temperature probe to 200°F/190°C and cook for 10 minutes.
5. To serve, spoon chicken onto warm pita breads. Add desired toppings.

Nutritional Information per

▼ Serving

Calories: 262

Total Fat: 8g

Saturated Fat: 2g

Cholesterol: 145mg

Sodium: 191mg

Total 9g

Carbs:

Dietary Fiber: 1g

Sugar: 6g

Protein: 37g

Analysis does not include pita folds