

Ingredients



PITA BREAD

- ¾ cup warm water
- 2 tsp yeast
- 3 tsp sugar
- ½ tsp salt
- 1 ½ c flour
- 1 tbsp olive oil
- 1 tsp butter

CHICKEN

- 2 lbs. chicken breasts
- 2 tsp salt
- 1 tsp Mrs. Dash garlic blend
- 1 tsp chili & lime
- Drizzle of olive oil
- ½ lime

PITA BREAD

1. Mix together water, yeast, 1 tsp sugar & ½ cup of flour (save remaining flour & sugar) set aside & allow to double in size for approximately 15 minutes.
2. While waiting for the yeast mixture to double, add the remaining flour & sugar, along with salt to a medium bowl. Pour yeast mixture over dry mixture along with olive oil & mix until sticky dough forms.
3. Lightly flour a clean surface & add dough then knead for approximately 5 minutes until the dough comes together
4. Shape into a ball & place in a greased bowl & allow to rise x 1 hour.
5. Once doubled in size, place onto a floured surface, cut into 8 equal pieces then form into balls. Allow resting x 15 minutes.
6. Using a rolling pin, roll out each ball into a flat circle approximately 8 inches wide and ¼ inch thick.
7. Add 1 tsp of butter to a medium skillet over medium heat. Place pita in skillet & allow to cook for 1-2 minutes on each side.

TOPPINGS

- Spring mix
- Purple cabbage
- Carrots
- Grape tomatoes
- Shredded cheese

RANCH DRESSING

- 5 tbsp of fresh parsley, chopped
- 3 fresh cloves garlic, crushed
- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 3/4 C buttermilk
- 1/2 tsp dried dill weed
- 1/2 teaspoon dried chives
- 1/2 teaspoon onion powder
- ½ tsp black pepper
- ¼ teaspoon salt
- 4 tsp lemon juice

RANCH DRESSING

1. In a food processor, add fresh garlic & parsley & pulse
2. Add mayonnaise, sour cream, buttermilk, dried dill weed, dried chives, onion powder, & lemon juice, then whisk

CHICKEN

1. Butterfly chicken breast & tenderize. Place on a baking tray & season with salt, Mrs. Dash garlic blend, chili & lime, olive oil & juice of half a lime.
2. Place in the oven at 400 on the roast for 15 minutes.
3. Remove from oven, allow to rest then chop into cubes

TOPPINGS

1. Rinse spring mix lettuce leaves & dry. Slice purple cabbage, cut carrots into thin sticks & slice cherry tomatoes in half

ASSEMBLE

1. Set pita bread, add ranch dressing then top with lettuce, purple cabbage, carrots, cherry tomatoes, chicken & shredded cheese. Top with more ranch dressing & enjoy!

