

**Ingredients for pita:**

1 cup cooked chicken  
1/2 cup chopped onion  
1-2 tsp. curry powder (Betty loves *Sun Brand Madras Curry Powder*)  
2 pieces flatbread (Betty loves *Trader Joe's Arabian Joe's Middle Eastern Flatbread*)

**Ingredients for the sauce:**

1 cup plain, fat-free yogurt  
3-4 inches stripeeled\*, seeded cucumber cut into strips  
4-5 strips roasted (or raw) red pepper  
4 wheels grilled onion  
3 roasted garlic cloves

**Ingredients for the garnish:**

1 inch stripeeled\*, seeded cucumber diced (~ 1/4 cup)  
1/2 cup chopped tomato



*\*Stripeel is a term Betty uses for "stripe-peeling" fruits and vegetables.*

**Directions:**

1. First, make the sauce. In a blender, combine cucumber, grilled onion, red bell pepper and garlic. Add yogurt and blend until smooth. Makes about 1 1/2 cups sauce. Store in the refrigerator.
2. Dice cucumber and tomato for garnish. Set aside.
3. In a pan, saute onion until tender. Lower the heat and add cooked chicken. Sprinkle with curry powder and stir together. Add 2 tbsp. water (to deglaze pan and moisten curry powder) and remove from heat.
4. Lightly toast flatbread to soften. Place warmed, softened flatbread on a plate.
5. Top with curry chicken and onions. Garnish with diced cucumber and tomatoes.
6. Top with yogurt sauce and enjoy!

This recipe prepares 2 chicken pitas and enough sauce for 6-8 pitas. The sauce will last about two weeks in the refrigerator. Triple the recipe for the chicken and garnish to serve all 6-8 pitas at once. Trader Joe's Middle Eastern Flatbread comes in a package of 8.

**-OR-**

Prepare the ingredients ahead of time, store in the refrigerator and use over the course of a week for low-maintenance, quick and healthy lunches. That's how Betty rolls!

**Bonus Material:** For a take-to-the-office lunch to die for, prepare curry chicken at home and pack in a microwave-safe container. Pack garnish and sauce on the side in separate containers along with one piece of flatbread. Keep refrigerated at office until ready to eat. At lunchtime, unpack and microwave curry chicken for 30-45 seconds or until hot. Toast flatbread or microwave for 10-15 seconds until tender. Top with garnish and sauce. Enjoy! It's also pretty tasty cold, so no worries if you do not have a microwave or toaster at your office.