

Honey Mustard BLT

INGREDIENTS:

- 2 slices smoked bacon
- 4 oz rotisserie chicken breast, shredded
- 1 tbsp nonfat Greek yogurt
- 2 tbsp Dijon mustard
- 2 tsp honey
- 1/4 cup diced red onion
- 1/2 tsp garlic powder
- Pinch of salt
- Pinch of black pepper
- 1 large whole wheat pita
- 1/2 cup mixed baby greens
- 1/2 tomato, sliced

INSTRUCTIONS:

1. Preheat the oven to 400°. Line a sheet pan with the bacon and bake 15 to 20 minutes until crispy. (If you're too impatient to wait for the bacon to bake, cook it in the microwave by placing on a paper towel-lined plate, then topping with another paper towel; cook for 6 to 8 minutes.)
2. Meanwhile, in a medium mixing bowl, add the shredded rotisserie chicken, yogurt, mustard, honey, red onion, and seasonings. Toss until well-combined.
3. Lightly heat the pita in the microwave to soften. Cut it in half and stuff with the honey-mustard chicken, baby greens, and tomato slices, and add one bacon strip to each half.