

Slow Cooker Pita Pockets

- 1 medium white or yellow onion, sliced into thin half moons
- 1 clove garlic, finely minced
- 1 1/2 pounds boneless, skinless chicken breasts
- 1 1/2 teaspoons lemon pepper
- 1/2 teaspoon dried oregano
- 1/4 teaspoon ground allspice
- 4 pita pocket breads, cut in half
- 1/2 cup plain yogurt
- 1 tomato, sliced or diced
- 1/2 cup chopped cucumber
- 1 medium red bell pepper, sliced in thin strips



Combine the first six ingredients- the onion, garlic, chicken, lemon pepper, oregano and allspice in the slow cooker. Be sure you coat the chicken with all the seasonings and then cook on low for 5-6 hours. This is pretty quick to do in the morning, on your way out the door.

Now get outside! Go for a hike, hit the pool/lake/beach, or go check out a museum you've been curious about. Once you come home, the chicken will be cooked and ready for ya! Remove the chicken and onions from the slow cooker, and then shred it into bite-sized pieces. Now, combine the 1/2 cup yogurt into the remaining seasonings in the slow cooker, and put on "keep warm."

To assemble your pita pocket, place chicken and onion into pocket, or other flatbread or wrap! Then top with salted tomato, cucumber and red pepper strips. Be generous with the yogurt sauce on top and eat immediately or wrap it in tin foil for a picnic dinner.