

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



**Chicken Wrap with Cucumber Raita**

Serves 4

**Ingredients:**

For chicken

4 Boneless skinless chicken thighs  
1 tablespoon (smoked) paprika  
1 sprig rosemary  
3-4 cloves of garlic  
Salt and pepper to taste  
1 teaspoon oil

For cucumber raita

2 tablespoons whole milk or nonfat yogurt  
1 cucumber, diced  
½ lemon juice from fresh lemon (or lime)  
cilantro or mint (optional)  
1 tomato, diced  
Salt and pepper to taste

For the pita bread

4 pita bread

**Directions:**

1. Preheat oven to 400C
2. Prep the chicken: In a bowl, put the chicken, garlic (minced), rosemary (minced) and smoked paprika. Season with salt/pepper. Mix.
3. Get pan nice and hot, pour oil in it then begin to sear chicken until a nice color appears (about 2-3 min), then flip.
4. Place chicken in a baking pan, bake for 10 minutes or until cooked through.
5. Cucumber Raita: In a bowl, mix yogurt, cucumber, finely chopped mint or cilantro, and squeezed lemon juice. Season with salt/pepper.
6. Warm or toast pita bread (optional)
7. Take out the chicken and slice it up. Get every bit from the bottom of the pan (it's the good stuff).
8. Fill the pita with sliced chicken, cucumber mix and tomatoes and enjoy!

**Nutritional Information per serving:**

Calories: 277	Carbohydrates: 38g
Total Fat: 5g	Cholesterol: 57mg
Saturated Fat: 1g	Dietary Fiber: 3g
Sodium: 428mg	Protein: 21g