



# CHRISTOPHER CREEK

*Spice Company*

## Mid-Week Meals

### Leaning Tower of Pita

Makes 4 Servings



2 pounds Chicken Tenders  
4-8 Whole Wheat Pita Bread  
Roma Tomatoes, thinly sliced  
Red Onion, thinly sliced  
Cucumber, thinly sliced  
Lettuce  
Feta Cheese  
Canola Oil  
Hummus (optional)  
Greek Dressing (optional)



Lightly rub each chicken tender with canola oil and liberally season with Fowl Rub.

Cover the chicken tenders with plastic wrap and keep in refrigerator for 20 minutes to 1 hour.

Prepare grill for direct high cooking, which is when the heat source is directly under the cooking area where the chicken tenders will cook.

Place the chicken tenders on the grill over direct high heat and cook with the grill lid off until the internal temperature of the chicken reaches 165 degrees...about 5-10 minutes.

Let the chicken tenders rest for 5 minutes after grilling.

Start the construction with a piece of pita bread and spread on some hummus. Next layer the lettuce, chicken, tomato, cucumber, onion and feta cheese.

Top off the pita with a little dressing and do not let this one fall over...Enjoy!

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