

≡ CHICKEN HUMMUS PITA ≡

Crispy fried Pierce Chicken® Boneless Wing Dings® topped with a chickpea and cucumber slaw dressed in a toasted coriander and hummus vinaigrette, stuffed in a pita pocket.

“Mediterranean-style sandwiches appeal to two out of five consumers (43%). Mediterranean cuisine is generally perceived to be healthy, which may boost appeal among some consumers.”

Technomic, Sandwich Consumer Trend Report, 2012.



NUTRITION FACTS

APPROXIMATE VALUES

Yield: 24 servings

Serving Size: 274g	Amount Per Serving	% Daily Value*
Calories:	450	
Total Fat:	18g	28%
Cholesterol:	60mg	20%
Sodium:	1340mg	56%
Total Carbs:	45g	15%
Dietary Fiber:	5g	20%
Sugars:	3g	
Protein:	27g	

*Percent Daily Values are based on a 2,000 calorie diet.

Allergens: soy, wheat

INGREDIENTS

Pierce Chicken® Boneless Wing Dings® (Code #111125)	7½ pounds (120 pieces) (Approx. 1½ bags)
Pita bread, cut in half	12 each
Cucumber chickpea slaw (recipe provided)	3 quarts

METHOD

To make one serving:

1. Fry 5 Boneless Wing Dings® in deep fryer at 350°F for 6 to 8 minutes or until a thermometer inserted into the chicken reads 165°F.
2. Fill pita bread half with 5 Boneless Wing Dings®, top with ½ cup cucumber chickpea slaw.

CUCUMBER CHICKPEA SLAW

Vegetable oil	¾ cup	Garlic, peeled, minced	2 teaspoons
Hummus, prepared	½ cup	Salt	1 teaspoon
Apple cider vinegar	2 tablespoons	Black pepper	½ teaspoon
Coriander seeds, toasted	1 tablespoon	English cucumbers, julienned	1½ quarts
Honey	1 tablespoon	Chickpeas, canned, rinsed and drained	1½ quarts
Spicy brown mustard	1 tablespoon		

Makes 3 quarts:

1. Process the oil, hummus, vinegar, coriander seeds, honey, mustard, garlic, salt and pepper in a blender until smooth.
2. Combine cucumbers and chickpeas in a large bowl; drizzle with dressing and toss to coat.