



Greek Spinach Feta Chicken Pockets

Ingredients

- 1 17-ounce package Puff Pastry, both sheets thawed
- 4 ounces cream cheese, softened
- 1 10-ounce package spinach
- 2 cups rotisserie chicken (white meat)
- 1/2 cup chopped green onions
- 1 cup crumbled feta cheese
- 1 red pepper
- 1 green pepper
- 1 medium sweet onion
- 1 egg, beaten (for brushing on top; optional)

Instructions

1. Preheat oven to 400 degrees F.
2. Unfold puff pastry onto a lightly greased surface, roll out and cut triangles in half on a diagonal.
3. Spread softened cream cheese evenly over pastry sheet leaving about space along the edges.
4. Rough dice onion and peppers, sauté on medium till translucent. Fold spinach into hot mixture then add shredded rotisserie chicken and let cool.
5. Evenly distribute mixture over puff pastry, leaving space along the edges.
6. Sprinkle crumbled feta and green onion over the chicken, onion and pepper mixture.
7. Fold over the short end of the triangle first tucking in the two long ends of the triangle underneath. Seal the best you can but don't worry if it's not totally sealed, it will need to vent off steam from veggie/chicken mixture.
8. Place on greased cookie sheet. Brush some beaten egg over the top of the puff pastry (or just spray lightly with cooking spray for less calories and fat).
9. Bake at 400 for 15-20 minutes or until golden brown.

Serving size: 2 pockets Calories: 287 Fat: 12 Carbohydrates: 10 Fiber: 2 Protein: 33