

Chicken Souvlaki Wraps



Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	Amines Challenge , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet – Very High Chemical , Salicylate Challenge
Meal type	Lunch , Main Dish
Misc	Child Friendly , Pre-preparable , Serve Hot
Occasion	Barbecue

Ingredients

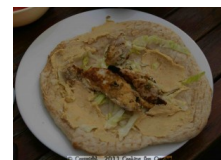
- 1 packet Pita bread
- 500g BBQ yogurt chicken strips (refer to recipe)
- 1/2 Iceberg lettuce
- Hommus (refer to recipe)
- Mayonnaise (refer to basics page for recipes)
- Sour cream

Optional

- Tomatoes (sliced)

Directions

1. Prepare all the ingredients and place on a table for everyone to serve themselves.
2. Spread the pita bread with hommus, mayonnaise or sour cream. Top with lettuce, tomatoes (optional) and chicken strips.
3. Roll up and enjoy!



Note

Low Glutamates, Amines, Low Salicylates, if not using tomatoes (high to very high salicylates).

If amines aren't tolerated use any type of cooked chicken without the yogurt marinade (unless using fresh yogurt) and avoid browning the meat.

Refer to the [basics page](#) for mayonnaise recipes.

[Hummus](#) recipe.

[BBQ yogurt chicken strips recipe](#).

A note on yogurt: "Fresh yogurt, natural, plain or vanilla" is listed in the 2011 version of the RPAH Elimination Diet Handbook as low chemical. The previous 2009 version listed "Yogurt" as moderate in Amines. The definition of "fresh yogurt" in the 2011 version is not clear. All recipes on this site use the moderate amines rating for yogurt. If you are using fresh yogurt then the amine level of that ingredient will be low. There may, however, be other amine ingredients in the recipe.