

Greek Chicken Gyros with Tzatziki Sauce and Greek Salad

Servings: 6

Prep Time: 20 minutes

Cook Time: 15 minutes

Total Time: 35 minutes

Adapted From: Modern Honey Blog

Ingredients:

Chicken Marinade:

2 lbs boneless, skinless chicken breast, cut into pieces
1/4 cup nonfat, plain Greek yogurt
3 tbsp. lemon juice (juice of 1 lemon)
1 tbsp. olive oil
3 large garlic cloves, minced
1 tsp. salt
1/2 tsp. black pepper
2 tsp. dried oregano

Tzatziki Sauce:

1 1/2 cups nonfat, plain Greek yogurt
1 tbsp. olive oil
1 tbsp. lemon juice
1/2 tbsp. red wine vinegar
1 tbsp. fresh dill, chopped
1 garlic clove, minced
1 cucumber, grated & squeezed to drain
Salt and black pepper, to taste

Greek Salad:

3 tomatoes, diced
2 cucumbers, diced
1/2 red onion, peeled and finely chopped
3 tbsp. fresh parsley, chopped
1 tbsp. olive oil
Salt and black pepper, to taste

For Serving:

6 small whole wheat pita breads, naan bread, or flatbread, warmed
1/4 cup feta cheese
1/2 cup shredded romaine lettuce



Directions:

1. To make chicken marinade, combine yogurt, lemon juice, olive oil, garlic, salt, pepper, and oregano in a medium bowl. Place chicken and marinade in a large Ziploc bag and let marinate at least 30 minutes, preferably 2-4 hours or overnight.
2. To make tzatziki sauce, stir together yogurt, olive oil, lemon juice, vinegar, dill, garlic, salt, and pepper. Grate cucumber and squeeze to remove excess water. Stir in grated cucumber and adjust seasonings to taste.
3. To make Greek salad, place tomatoes, cucumber, red onion, parsley, olive oil, salt and pepper in bowl. Stir to coat and season to taste.
4. To cook the marinated chicken, heat a skillet on medium-high heat. Add oil to the pan and cook chicken for 8-10 minutes, or until chicken is fully cooked to an internal temperature of 165 degrees F and golden brown.
5. To assemble gyro, place chicken in warmed pita bread, naan, or flatbread and top with tzatziki sauce, Greek salad, and additional feta and lettuce, if desired.

Nutrition Information per Serving: 412 calories, 13.5g total fat, 3g saturated fat, 47g protein, 26g carbohydrate, 4.2g fiber, 866mg sodium