



Chicken Gyro with Vegetables

Servings 4 | Prep time 40 mins. | Total time 48 mins.

Equipment: Large Bowl, Plastic Wrap, Large Frying Pan, Medium Bowl, Measuring Cups and Spoons

Utensils: Fork or Tongs, Knife

Ingredients

- 1 tablespoon lemon juice
- 1/2 cup plain low-fat yogurt
- 1/2 teaspoon salt
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried thyme
- 1/4 teaspoon garlic powder
- 2 chicken breasts
- 2 tablespoons olive or vegetable oil, divided
- 1 cup tzatziki sauce (optional)
- 4 slices pita bread
- 1 medium tomato, diced
- 1 red onion, thinly sliced

Instructions

1. Before you begin, wash your hands, surfaces, produce, and utensils.
2. Combine the lemon juice, yogurt, salt, dried oregano, thyme, and garlic powder in a large bowl and add the chicken breasts, tossing to coat well. Cover with plastic wrap and refrigerate for 30 minutes or overnight.
3. Heat a large non-stick frying pan over medium-high heat and add 1 tablespoon of oil. Add half of the chicken breasts to the pan, shaking off the excess yogurt mixture before adding to the pan. Cook the chicken breasts for about 5 minutes, undisturbed, until browned, then flip and cook the other side until the chicken is cooked through, about 5-7 minutes. Set cooked chicken aside, add the additional tablespoon of oil to the pan and cook the remaining chicken breast.
4. Warm the pita bread in a toaster or in the microwave for 30 seconds.
5. Cut chicken breasts into bite-sized pieces or pieces that fit onto a pita.
6. If eating with tzatziki sauce, spread $\frac{1}{2}$ cup sauce onto the warm pita bread. Add tomatoes, sliced red onion, and about $\frac{1}{2}$ of a chicken breast.

Nutritional Information:

Calories 400 Total Fat 14g Sodium 520mg Total Carbs 38g Protein 28g