



Chicken Gyro with Vegetables

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

Equipment:

Large bowl
Plastic wrap
Large frying pan
Medium bowl

Utensils:

Fork or tongs
Knife
Measuring Cups and Spoons

Ingredients

1 tablespoon lemon juice
1/2 cup plain low-fat yogurt
1/2 teaspoon salt
1/4 teaspoon dried oregano
1/4 teaspoon ground thyme
1 clove garlic, minced OR 1 teaspoon garlic powder
2 boneless skinless chicken breasts
2 tablespoons olive oil OR vegetable oil
1 cup tzatziki sauce OR Celebrate Your Plate Cucumber Tzatziki Sauce (optional)
4 whole wheat pita breads
1 medium tomato, diced
1 red onion, thinly sliced

Nutritional Information:

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

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 1/2 cup sauce onto the warm pita bread. Add tomatoes, sliced red onion, and about 1/2 of a chicken breast.