

Chicken Gyros with Tzatziki Sauce

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* Adapted from (c) 2019 - FoodieCrush.com -

Easy Chicken Gyros with Tzatziki Sauce

Servings 4 servings

Ingredients

For the Greek Chicken

- Juice of 1/2 lemon
- 1/2 cup plain yogurt
- 1 1/4 teaspoons of dill, garlic powder, onion powder and black pepper
- 1 1/2 pounds chicken tenders
- 2 tablespoons extra-virgin olive oil
- 1 cup tzatziki sauce recipe below
- 4 slices flat Greek pita bread
- 4 tomatoes halved and then quartered
- 1/4 red onion thinly sliced



For the Tzatziki Sauce

- 1/2 English Cucumber cut into chunks, skin removed
- 3/4 cup low-fat plain Greek yogurt
- 2 cloves garlic, minced
- 1 tablespoon red wine vinegar
- 1 tablespoon fresh dill minced
- Garlic powder, onion powder, and black pepper to taste

Instructions

1. Combine the lemon juice, yogurt, and spices in a large bowl and add the chicken tenders, tossing to coat well. Cover with plastic wrap and refrigerate for 30 minutes or overnight.
2. Heat a large non-stick skillet over medium-high heat and add 1 tablespoon of olive oil. Add half of the chicken tenders to the pan, shaking off the excess yogurt mixture before adding to the pan. Cook the chicken tenders for about 5 minutes, undisturbed, until browned, then flip and cook for another few minutes or until the



chicken is cooked through. Transfer to a platter, add the additional tablespoon of olive oil and cook the remaining chicken tenders.

3. Prepare the tzatziki sauce by combining the cucumber, yogurt, spices, garlic, red wine vinegar, fresh dill, and mix well. Cover and refrigerate for 30 minutes or up to 3 days.
4. Warm the pita bread in a toaster oven or in the microwave for 30 seconds.
5. Spread some of the tzatziki sauce onto the warm pita bread with tomatoes, sliced red onion and 2 or 3 slices of chicken tenders. Fold the pitas and wrap in parchment paper or serve immediately.

Fattoush

Ingredients for Salad

- 1 large vine-ripe tomato diced
- 2-3 English cucumbers quartered
- ½ large green pepper chopped
- 5 radishes diced
- 2 green onions/scallions chopped
- ¼ cup fresh parsley, chopped

Dressing

- 3 tablespoon olive oil
- 2 tablespoon lemon juice
- 2 garlic cloves, minced
- 1 teaspoon lemon juice
- 1 teaspoon balsamic vinaigrette
- ½ teaspoon mint fresh or dried
- Onion powder, garlic powder and chives to taste

Instructions

1. In a large bowl, add the salad dressing ingredients
2. Add the tomatoes, cucumbers, green peppers, radishes, green onions and parsley to the large bowl of dressing and toss to combine.