

Chicken Gyros & Tzatziki Sauce

Cooking Time: 20 Minutes or Less | 2019 February | Cooking Time

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Ingredients

- 4 chicken breasts, pounded to 1/2 inch thickness
- 1 tablespoon mediterranean seasoning (you can substitute Italian seasoning in a pinch)
- 1 red pepper, thinly sliced
- 1/2 red onion, thinly sliced
- 4 pitas (this is a Greek style flatbread you can find at almost any grocery store near the bread and tortillas or in the bakery)
- optional: lettuce, feta cheese crumbles

Tzatziki Sauce

- 1/2 English cucumber, peeled and diced
- 2 cups cold plain Greek yogurt
- 4 teaspoons minced garlic
- 1/3 cup 1/3 cup chopped dill, fresh or frozen (may sub 2 tablespoons dried dill)
- 1 1/2 tablespoons freshly squeezed lemon juice (juice of 1/2 medium lemon)
- 1/2 teaspoon salt (or to taste)
- 1/8 teaspoon black pepper

Process

Squeeze water out of cucumbers. Puree all sauce ingredients in a blender or food processor (see note below recipe first). Cover and chill until ready to serve. (If you have time, make this a few hours in advance or the night before so that the flavors can marinate)

Season chicken breasts with mediterranean seasoning. Cook in a large skillet or pan over medium heat 5-6 minutes on each side until cooked through. Cut into strips.

Lay pitas on a clean surface. Add lettuce (if desired), chicken, red pepper strips, and onions. Top with tzatziki sauce and feta (if desired). Fold pita over like a sandwich, or roll it into a "tunnel shape".