

Chicken Gyros with Tzatziki Sauce – 6 Servings

½ package (3 loaves) pita bread
1 lb chicken
1 package shredded lettuce
2 tomatoes, diced
1 package low-fat feta cheese
2 (8 oz) containers plain yogurt
2 cucumbers: peeled, seeded, diced
2 tbsp olive oil
½ lemon, juiced
1 tbsp chopped fresh dill
3 cloves garlic, peeled
Salt & pepper to taste



Will Brim, Ryan Griffith, Charlie Moore

Total Recipe: 2575.5 g, 2071 Cal, 202.6 Pro, 178.25 Cho, 59.7 Fat, 1228 Na
Single Serving: 429.3 g, 345.3 Cal, 33.8 Pro, 29.7 Cho, 10 Fat, 205 Na



In a food processor or blender, combine yogurt, cucumber, olive oil, lemon juice, dill, garlic, salt and pepper. Process until well combined. Transfer to a separate dish, cover, and refrigerate for at least 1 hour for best flavor.

Cut chicken into thin slices, coat in olive oil and sauté. Cut pita bread loaves in half, open, and fill with chicken, diced tomato, shredded lettuce, and crumbled feta cheese. Drizzle tzatziki sauce into each pita. Makes 6 pitas.

Tzatziki sauce, besides tasting great, provides a much healthier alternative to other dips and sauces that are often high in fat and sodium. Tzatziki sauce's combination of yogurt, olive oil, and cucumbers makes it a great source of calcium, protein, and healthy, unsaturated fats.

