Greek Chicken Pitas

I hope you enjoy this very quick and tasty recipe. It is one of the "go to" dishes I have been making since my oldest daughter was in preschool. She makes it for my granddaughter now! Below is the basic recipe. I sauté whatever vegetables I have on hand with the onion - zucchini, broccoli, cauliflower - lately I have been adding canned Fava beans for some extra fiber.

Let us know if you try out this recipe and let us know what you think!

Recipe submitted by: Jodi Charvoz, MEd, RD, ACE
Recipe from: Jody’s Home Recipes

Greek Chicken Pitas
Serves: 6
Cook time: 20 minutes
Ready in 35 minutes

Ingredients
- 6 chicken breast halves, boneless, skinless
- 2 tablespoons olive oil
- 1 teaspoon dried oregano
- ½ teaspoon salt, divided
- 1 cucumber
- 1 (8 ounce) container plain nonfat yogurt
- 1 clove garlic, minced
- Red pepper flakes to taste
- ½ teaspoon ground coriander
- 6 whole wheat pita breads (6 ½ inch diameter)
- 1 medium onion, thinly sliced
- 1 to 2 cups green leaf lettuce, thinly sliced
- 1 tomato, chopped

Directions
1. Cut chicken breasts into 1-inch chunks.
2. In a bowl, toss chicken with olive oil, oregano, and ¼ teaspoon salt.
3. Peel cucumber and cut lengthwise in half; with spoon scrape out seeds.
4. Coarsely shred cucumber onto paper towels. Roll paper towels with shredded cucumber and press to remove as much liquid as possible from cucumber.
5. In a small bowl, mix cucumber, yogurt, garlic, red pepper flakes, coriander and ¼ teaspoon salt; set aside or refrigerate.
6. Wrap pitas in foil and warm in 300° oven.
7. Meanwhile, cook chicken mixture in a skillet over medium-high heat until chicken is lightly browned on the outside and loses its pink color inside, about 5 to 10 minutes.
8. With slotted spoon, remove chicken to plate; keep warm.
9. In drippings in skillet over medium heat, cook onion slices (and other sliced/chopped vegetables, and beans) until just tender, about 10 minutes, stirring occasionally.
10. To serve spread cucumber mixture on warm pitas; top with sliced lettuce, chicken, vegetables and tomato. Add a few chopped Kalamata olives for additional flavor.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size (294g)</th>
<th>Servings Per Container</th>
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<tbody>
<tr>
<td>Calories 390</td>
<td>Calories from Fat 80</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat 10g</td>
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<tr>
<td>Saturated Fat 2g</td>
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<tr>
<td>Trans Fat 0g</td>
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<tr>
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<tr>
<td>Sugars 6g</td>
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<td>Protein 36g</td>
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Vitamin A 6% • Vitamin C 15%
Calcium 10% • Iron 20%

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories 2,000 2,500

Total Fat Less than 65g 85g
Saturated Fat Less than 20g 24g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 370g
Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4