



! GREECE

Chicken Gyros

Serving Size: 1 Gyro; Calories 367; Total Fat 9g; Sodium 397mg; Sugars 4g; Dietary Fiber 2g; Protein 30g

Ingredients:

- 1/2 cup lemon juice
- 4 tablespoons olive oil
- 1 1/2 teaspoon minced garlic, divided
- 1 teaspoon ground mustard
- 1 teaspoon dried oregano
- 1 pound boneless skinless chicken breasts, cut into 1/2" strips
- 1 cup chopped peeled cucumber
- 2/3 cup plain yogurt
- 1/2 teaspoon dill weed
- 4 whole pita breads
- 1 small red onion, thinly sliced

Equipment Needed:

- Large skillet
- Small bowl

Want to make your own pitas? Try this recipe:

<https://www.themediterraneandish.com/homemade-pita-bread-recipe/#tasty-recipes-10391>

Prep Time	Total Time	Servings
1 hour 20 min	1 hour 30 min	4



Instructions:



1. In a large plastic zipper bag, combine lemon juice, olive oil, 1 teaspoon minced garlic, mustard, and oregano.



2. Add chicken and seal bag. Turn to coat. Refrigerate 1 hour.

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Instructions Continued:



3. In a small bowl, combine cucumber, yogurt, dill, and remaining minced garlic.



4. Cover cucumber mixture and refrigerate until ready to serve.



5. Remove chicken from marinade and discard marinade.



6. In a large skillet, cook and stir the chicken for 7-8 minutes, or until no longer pink.



7. Spoon chicken on top of the pita breads.



8. Top with cucumber mixture and sliced onions.



9. Fold pita breads in half and serve.



Grab the family, take a photo of your dish, and share your culinary masterpiece on social media with **#FoodFun4H** **#Indiana4H**



Extension - Lawrence County

