

Dill Chicken Souvlaki

Ingredients

2 Tbsp extra-virgin olive oil
3 Tbsp fresh lemon juice
1/2 tsp kosher salt
1/2 tsp ground pepper
1 pound roasted chicken breast, chopped
1 cucumber, seeded, sliced into thin half-moons
1/2 small sweet onion, thinly sliced
2 Tbsp chopped fresh dill
2 whole-wheat pita loaves, cut in half
1/2 cup plain, fat-free Greek-style yogurt

Directions

1. In a large bowl, combine olive oil, lemon juice, salt and pepper.
2. Add chicken, cucumbers, onion and dill to olive oil mixture. Lightly stir.
3. Divide chicken mixture evenly among pita pockets and serve with the yogurt.

Nutrition Information makes 4 servings

Per Serving

Calories: 337
Fat: 12 g
Saturated Fat: 2 g
Cholesterol: 95 mg
Sodium: 422 mg
Carbohydrate: 16 g
Fiber: 2 g
Protein: 41 g



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