



CHICKEN SOUVLAKI SANDWICHES

INGREDIENTS

PREPARATION: 15 MINUTES

MARINATING: 1 HOUR

COOKING: 15 MINUTES

2 SERVINGS

1/2 pound chicken breast, cubed

MARINADE

1/4 teaspoon ground black pepper

1 teaspoon dry oregano

1 tablespoon fresh dill

1/4 cup red onion, diced

1 teaspoon garlic, minced

1 teaspoon lemon zest

1 tablespoon vegetable oil

CUCUMBER SALAD

*1/2 cup cucumber,
seeded and grated*

1 tablespoon red onion, diced

1 teaspoon garlic, minced

1 teaspoon fresh dill, chopped

1/8 teaspoon ground black pepper

2 tablespoons plain greek yogurt

2 pitas, cut in half

*1/2 cup romaine lettuce,
washed and chopped*

Nutrient Analysis

PER SERVING

2 pita pockets

Renal exchange:

2 Starch + 4 Protein + 1 Vegetable

Calories	389Kcal
Protein	34g
Carbohydrates	40g
Fibre	2.5g
Total Fat	10g
Saturated Fat	1g
Cholesterol	66mg
Sodium	389mg
Potassium	536mg
Phosphorus	362mg

PREPARATION

- 1** In a bowl, combine all marinade ingredients and add the chicken. Mix, cover with plastic wrap and refrigerate for at least one hour.
- 2** Prepare the cucumber salad in a bowl: squeeze out any excess liquid from the grated cucumber. Add the onion, garlic, dill, pepper, and yogurt to the cucumber. Mix, cover with plastic wrap and refrigerate until ready to use.
- 3** Heat a skillet over medium heat and add the chicken with the marinade. Sauté until the chicken is cooked through, approximately 15 minutes.
- 4** To assemble the pita sandwiches, add the cooked chicken to each pita pocket. Top with cucumber salad and lettuce.