



# Chicken Gyros

**Prep Time: 10 min prep + 1 hour chilling in fridge**

**Cook Time: 15 min**

**Makes 12 gyros**

## INGREDIENTS

### Yogurt Sauce

- 1 (16 oz) container of plain Greek yogurt
- 1 small cucumber, chopped
- 1 teaspoon dried dill weed
- 2 cloves garlic, minced, or 1 tsp minced garlic
- 2 teaspoons white vinegar
- 1 teaspoon lemon juice
- 2 tablespoons olive oil
- Salt and pepper to taste

### Chicken

- 3 cloves garlic, minced, or 1½ tsp minced garlic
- 2 teaspoons lemon juice, or 1/2 a lemon
- 2 tablespoons red wine vinegar
- 2 tablespoons olive oil
- 1 tablespoon dried oregano
- 2 ½ pounds boneless, skinless chicken breasts cut into strips

### Pita/Toppings

- 12 pita bread rounds
- 2 teaspoons olive oil
- 2 tomatoes, diced
- 1 red onion, thinly sliced
- 1 head romaine lettuce, chopped

## DIRECTIONS



Start with clean hands!

Wash your hands with soap and water.

1. Make the sauce: Place all sauce ingredients into a blender or food processor. Blend until smooth; set aside. You can also mix all ingredients together by hand for a chunky sauce.
2. Whisk together 3 cloves minced garlic, 2 tsp lemon juice, red wine vinegar, 2 tablespoons olive oil, and oregano in a large glass or ceramic bowl. Season to taste with salt and black pepper. Stir in chicken strips and toss to evenly coat. Cover the bowl with plastic wrap and marinate in the refrigerator for 1 hour.
3. When it has been almost 1 hour, preheat the oven's broiler and set the oven rack about six inches from the heat source.
4. Remove chicken from the marinade and shake off excess. Discard remaining marinade. Place chicken on a large baking sheet.
5. Broil the chicken in the preheated oven until lightly browned, 2 to 4 minutes per side. Its internal temperature should read 165 degrees.
6. Transfer cooked chicken to a plate and allow to rest for 5 minutes.
7. Heat 1 teaspoon olive oil in a large skillet over medium heat. Place each pita bread into the skillet until warm and soft, about 2 minutes per pita. Add additional teaspoon oil to pan as needed.
8. Serve warmed pita bread topped with chicken strips, yogurt sauce, tomatoes, onion, and lettuce.

These chicken wraps are inspired by grilled meat sandwiches eaten in the Mediterranean and Middle East. Greek gyros and souvlaki, Turkish doner, and Arab kebab and shawarma are all made of marinated grilled meat wrapped in pita or other flatbreads.



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