

# Chicken Souvlaki w/ Tzatziki Sauce



Chicken breasts marinated in lemon juice, oregano, olive oil and garlic and grilled. Served with a cucumber yogurt sauce.

Serves 2

1/4c lemon juice

1/2t oregano,  
dried

1T olive oil

1/4t salt

4 garlic cloves,  
minced

2 chicken breasts,  
boneless, skinless

## **TZATZIKI SAUCE:**

1/2c cucumber,  
peeled, seeded,  
shredded

1/2c plain  
non~fat yogurt

1T lemon juice

1/4t salt

2 garlic cloves,  
minced

Combine lemon juice, oregano, olive oil, salt and garlic together. Pour into zip~lock bag and add chicken breasts. Marinate, refrigerated, at least 1 hour.

Remove chicken from bag and grill over medium~high heat until cooked through, turning only once.

To prepare Tzatziki Sauce combine all ingredients together, stirring well. Serve with whole chicken breasts or dice chicken and serve chicken and sauce in pita.

### Prepare Ahead Tip

Chicken can be grilled, cooled and refrigerated for 48 hours. Tzatziki sauce can be made 48 hours in advance.

**Debbie Spangler ~ Certified Personal Chef**

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