



Chicken Souvlaki

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
7.7 lbs	boneless, skinless chicken (approx. twenty 6 oz (170 g) pieces)	3.5 kg
¼ cup	vegetable oil	60 mL
8 cloves	garlic, minced	8 cloves
3	onions, sliced	3
¾ cup	all-purpose flour	175 mL
9 cups	milk	2.25 L
2 tbsp	oregano, dried	30 mL
2 tbsp	lemon zest, grated	30 mL
6 cups	cucumber, diced	1.5 L
3 cups	yogurt, plain	750 mL
1 tsp	salt	5 mL
25	whole wheat pitas (7 inch / 18 cm)	25
8	fresh tomatoes, chopped	8
Optional:	pepper	

Instructions

1. Preheat oven to 350°F (180°C).
2. Place chicken on a parchment-lined baking sheet. Bake for 25 – 30 minutes until internal temperature reaches 165°F (75°C). Cool slightly and cut into bite-sized (1-inch) pieces.
3. Meanwhile, heat oil in a large pot over medium-high heat. Sauté onion until soft.
4. Add garlic and cook for 2 minutes.
5. Whisk flour into milk, and whisk milk mixture into onion mixture in the skillet. Stir in lemon zest, oregano, salt, and pepper (if using).
6. Cool, stirring often, for about 5 minutes or until sauce has thickened.
7. Add chicken to sauce.

Note 1: Instructions are continued on page 2.

Note 2: Vegetarian Substitution suggestion is on page 2.

Note 3: Nutrition Information is on page 2.

8. In a bowl, combine cucumber and yogurt.
9. Spoon chicken mixture onto pitas (open-face style). Add a spoonful of the yogurt mixture, and sprinkle with chopped tomato.

Vegetarian Substitution suggestion:

Chickpea Souvlaki – Follow steps 1 to 6. Remove enough sauce to serve desired number of vegetarian dishes. Then, add cooked chickpeas into the souvlaki sauce and follow the same serving method.

For one vegetarian serving, use about ½ - ¾ cup (125 – 175 mL) cooked chickpeas and ¼ cup (60 mL) sauce.

Nutrition Information	
Serving 190 g (6.5 oz)	
Calories	230
Fat	5 g
	Saturated 1.5 g
	+ Trans 0 g
Sodium	280 mg
Carbohydrates	25 g
	Fibre 3 g
	Sugars 5 g
Protein	20 g
Calcium	100 mg
Iron	1.5 mg

Food Guide Servings
½ Vegetarian & Fruit
1 Grain Product
1 Meat & Alternative