



# Greek Chicken Pitas

Makes: 50 child servings

## Ingredients

Imperial Measurement	Ingredient	Metric Measurement
20-25	chicken breasts, thawed	20-25
¼ cup	vegetable oil	60 mL
2 tbsp	oregano leaves, dried	30 mL
5	garlic cloves, minced	5
2	onions, large	2
50-60	mini pitas (or 25 regular size pitas cut in half)	50-60
<b>Tzatziki Sauce:</b>		
2 cups	yogurt	500 mL
2 cups	sour cream	500 mL
2	cucumbers, shredded	2
2	bunches of dill, chopped	2
2	lemons, juiced	2
2 tbsp	oregano	30 mL
<b>Garnish:</b>		
4 cups	lettuce, shredded	1 L
4 cups	cucumber, sliced	1 L
4 cups	tomatoes, sliced	1 L

Note: Nutrition Information is on page 2.

## Instructions

1. Cut chicken into thin strips.
2. Toss chicken with oregano, garlic and onion, cook and oil and bake at 350°F (180°C) for 20-25 minutes until chicken is cooked through. Internal temperature of chicken must reach 330°F (165°C).

3. Tzatziki sauce: Combine sauce ingredients in a medium bowl. Allow to rest in fridge for 1 hour.
4. Slice the top third off of each pita and place a spoonful of lettuce as well as a spoonful of chicken mixture in each. Top with cucumber and tomato.
5. Spoon tzatziki into each pita pocket. Serve immediately or pitas will become soggy.

<b>Nutrition Information</b>
Serving 174 g
Calories 260
Fat 11 g
Saturated 3.5 g
+ Trans 0 g
Sodium: 220 mg
Carbohydrates: 21 g
Fibre 3 g
Sugars 2 g
Protein 19 g
Calcium 50 mg
Iron 2 mg

<b>Food Guide Servings</b>
1 Vegetable & Fruit
1 Meat & Alternative
1 Grain Product