

Chicken

Greek Style Chicken

Cooking Light

Servings: 4

Preparation Time: 15 minutes

Start to Finish Time: 25 minutes

3 tablespoons fresh oregano, chopped

1/4 teaspoon crushed red pepper

6 cloves garlic, coarsely chopped

4 6-ounce boneless/skinless chicken breast, cut into 1-inch pieces

1/2 teaspoon kosher salt, divided

1 tablespoon canola oil

1/2 cup plain 2% reduced-fat greek yogurt

1/4 cup onion, diced

1/4 cup English cucumber, chopped

1 tablespoon fresh dill, chopped

1 tablespoon fresh lemon juice

4 green leaf lettuce leaves

2 plum tomatoes, cut into 12 slices

1/4 teaspoon black pepper

3 ounces feta cheese, sliced

2 whole-wheat pitas, cut into wedges

Combine oregano, red pepper, garlic, 1/4 teaspoon salt and chicken in a food processor; process until ground. Divide mixture into eight equal portions; shape each into a 1/2-inch-thick patty.

Heat a large skillet over medium-high heat. Add oil to pan. Add patties to pan; cook 4 minutes on each side.

Combine yogurt, onion, cucumber, dill and lemon juice; stir in 1/4 teaspoon salt.

Place one lettuce leaf on each of four plates. Top with tomato slices; sprinkle with black pepper. Divide cheese evenly among servings.

Arrange two patties on top of tomato mixture; top each serving with about two tablespoons of yogurt mixture. Serve with pita wedges.

Per Serving (excluding unknown items): 107 Calories; 8g Fat (66.1% calories from fat); 4g Protein; 5g Carbohydrate; 1g Dietary Fiber; 19mg Cholesterol; 476mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat.