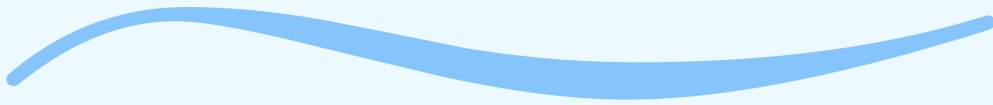


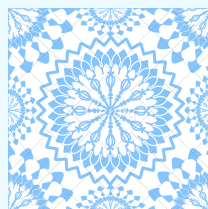
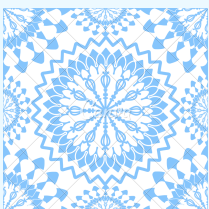
SOUVLAKI

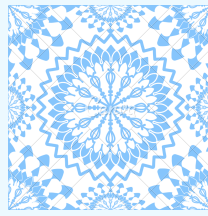
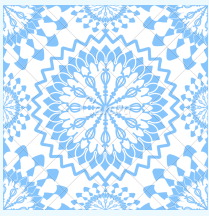
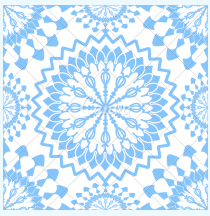


ABOUT THE RECIPE

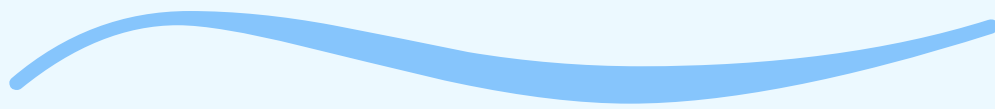
Souvlaki is a classic Greek dish consisting of marinated meat (pork, chicken, lamb, or beef). It is similar to a gyro but the meat is served on a skewer instead of shaved off of a vertical rotisserie.

Souvlaki can be served in a warm pita bread, over salad, or as an entree with roasted vegetables. It is often paired with tzatziki sauce.





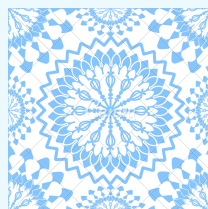
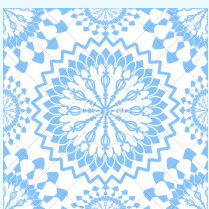
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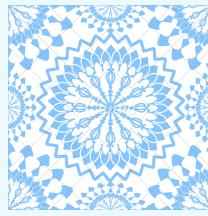
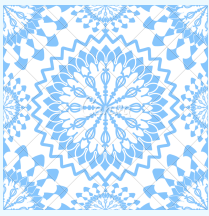
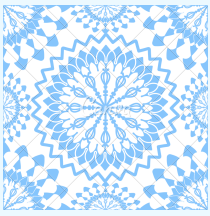


Serves 4, serving size: 1 wrap

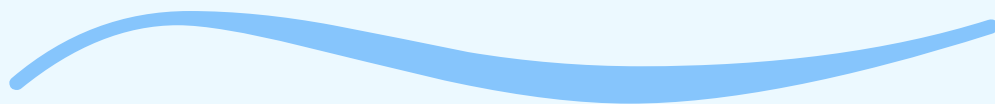
GREEK SEASONING INGREDIENTS

- *2 teaspoons dried basil*
- *2 teaspoons dried oregano*
- *1/2 Tablespoon dried thyme*
- *1 teaspoon dried dill weed*
- *1 teaspoon garlic powder*
- *1 teaspoon onion powder*
- *1 teaspoon salt*
- *1/2 teaspoon black pepper*





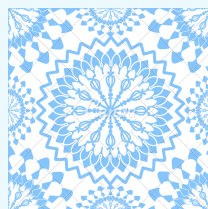
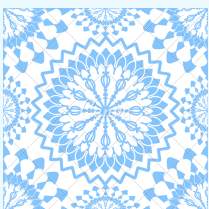
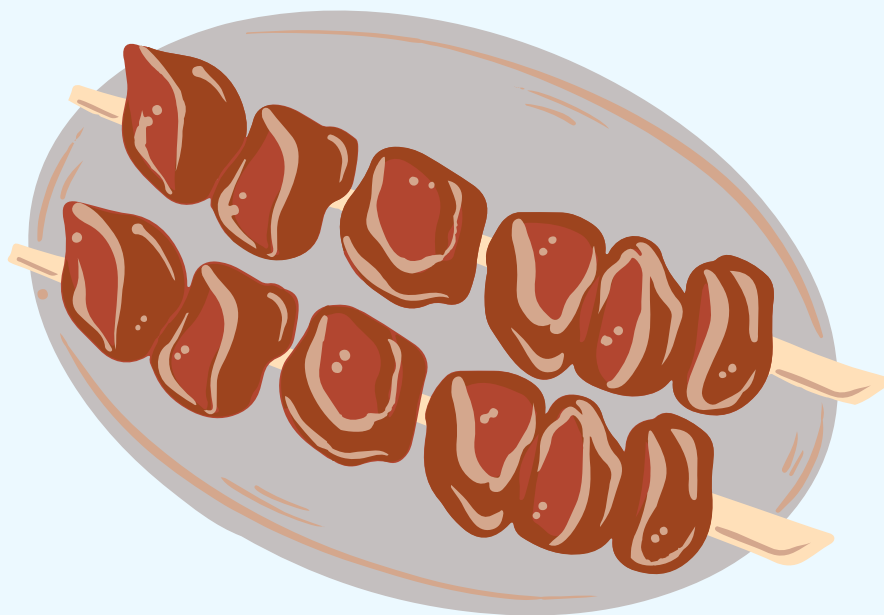
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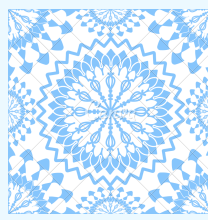
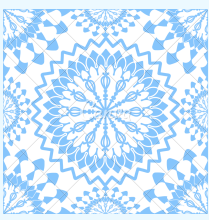
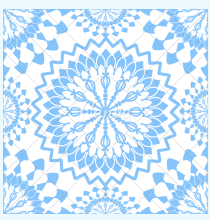


Serves 4, serving size: 1 wrap

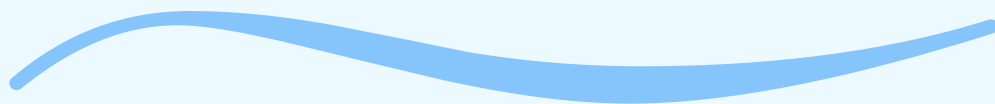
CHICKEN MARINADE INGREDIENTS

- *1 lb boneless pork or boneless, skinless chicken breast*
- *2 Tablespoons Greek seasoning*
- *2-4 large garlic cloves, minced*
- *2 Tablespoons extra virgin olive oil*
- *1 Tablespoon white distilled vinegar*
- *Juice of half a lemon*





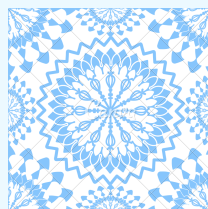
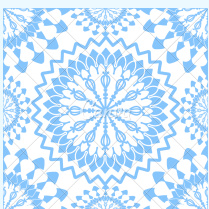
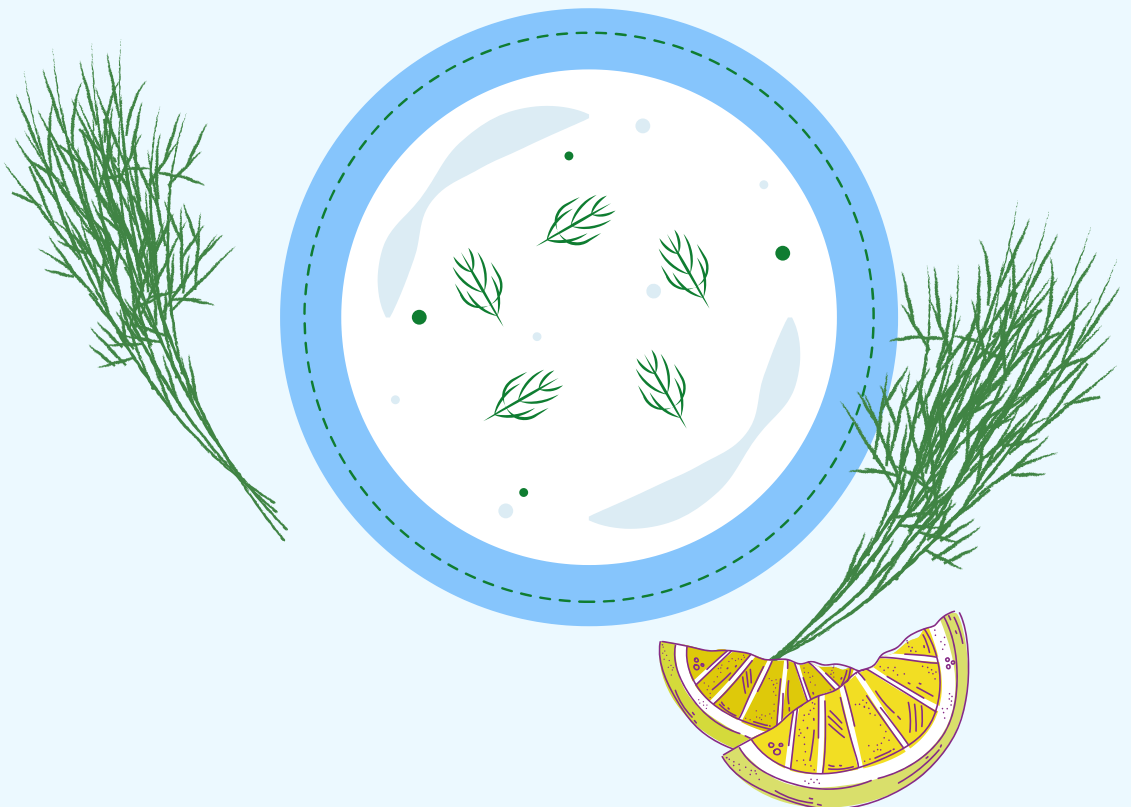
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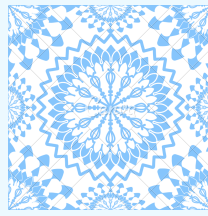
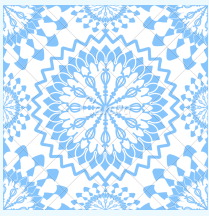
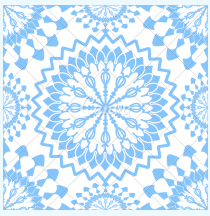


Serves 4, serving size: 1 wrap

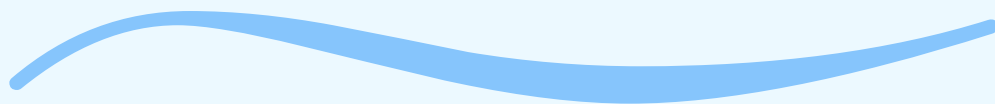
TZATZIKI SAUCE

- *1 cup plain non-fat Greek yogurt*
- *1 medium English cucumber, peeled, finely diced and seeds removed*
- *A handful of dill, finely chopped*
- *1 Tablespoon extra virgin olive oil*
- *1 teaspoon lemon juice*
- *1 teaspoon garlic, minced*
- *1/2 teaspoon of salt or to taste*





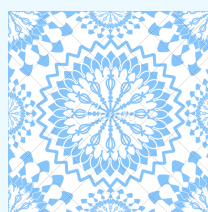
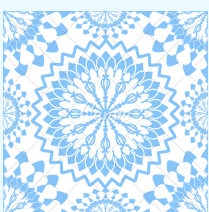
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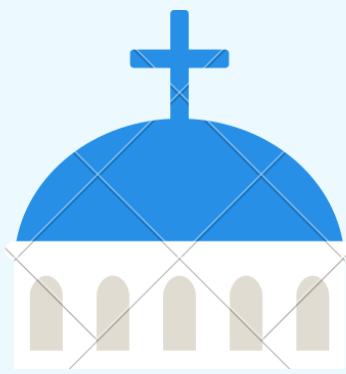
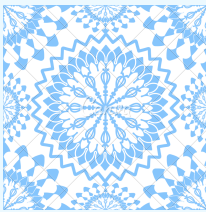
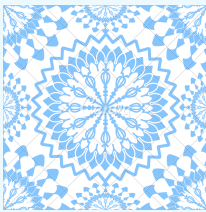
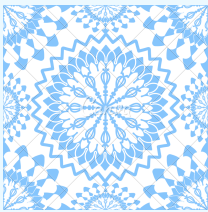


Serves 4, serving size: 1 wrap

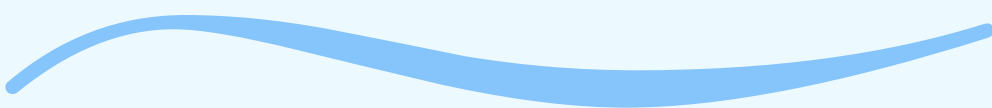
INSTRUCTIONS

- Add chicken marinade ingredients to a ziplock bag. Massage into chicken and marinate in the fridge for a minimum of 6 hours or overnight for the best flavor.
- Soak bamboo skewers or run under water to prevent the wood from burning. Skewer marinated meat and cook on a grill pan or in a skillet until fully cooked and golden brown.
- Serve souvlaki in a warm whole wheat pita bread. Add your favorite toppings (great with tomatoes, red onions, and fresh dill) and homemade tzatziki sauce.





SOUVLAKI



Serves 4, serving size: 1 wrap

*CHICKEN SOUVLAKI NUTRITION FACTS PER SERVING

- 356 calories
- 37 g carbohydrates
- 36 g protein
- 12 g fat

*PORK SOUVLAKI NUTRITION FACTS PER SERVING

- 420 calories
- 37 g carbohydrates
- 38 g protein
- 13 g fat

**Nutrition facts includes calories from one 6.5 inch whole wheat pita and toppings of tomato and onions.
Nutrition facts determined by USDA Food Database: FoodData Central (usda.gov)*

