

Date: _____ Period: _____ Full Name: _____

GREEK CHICKEN SOUVLAKI, TZATZIKI AND SALAD

INGREDIENTS:

Chicken Souvlaki:

- 1 Boneless Chicken Breast
- 25mL Lemon Juice
- 1 Garlic Clove, minced
- 1mL Salt
- 1-2mL Pepper
- 25mL Olive Oil
- 7-10mL Oregano
- 2 Pitas

Tzatziki:

- 1/3 Long English Cucumber, grated
- 1 Garlic Clove, minced
- 15mL Dill
- 15mL White Wine Vinegar
- 125mL Thick Plain Yogurt
- 15mL Olive Oil
- 2mL Salt
- Pepper to taste

Greek Salad:

- 1 Large Tomato, diced
- 1/4 Onion, julienne
- 1/3 Long English Cucumber, diced
- 15mL Lemon Juice
- 2oz. Feta Cheese
- 25mL Olive Oil
- 5mL Oregano
- Salt and Pepper to taste

DIRECTIONS:

Day 1:

1. BARHSCHEP

Souvlaki:

1. Slice each chicken breast into equal bite size pieces. Place the chicken pieces in a small metal bowl and sprinkle with salt, pepper and minced garlic.
2. Add the lemon juice, olive oil, and oregano and toss together until the chicken pieces are well coated. Cover, label and refrigerate to marinate until the next day (*if at home*).

Day 2:

1. BARHSCHEP (OPTIONAL: preheat to broil; oven rack should be in the middle position)

Souvlaki:

1. Place the chicken pieces onto bamboo skewers. Use 4 skewers and put equal amounts of chicken onto each one. Place on a broiling pan and brush the skewers with the marinade **OR** you can pan fry the cubed chicken.
2. **If broiling:** Brush the chicken pieces twice during broiling with the marinade, turning the skewers each time to ensure even cooking. Broil for approximately 15-20 minutes.
3. To see if the meat is done, take a skewer out and cut into the centre of one piece of meat. It should **NOT** be pink!

Tzatziki:

1. Grate the cucumber and try to absorb as much liquid as possible using a paper towel.
2. Place the cucumber in a small bowl and add the garlic, dill, vinegar and yogurt. Stir until combined.
3. Stir in the olive oil a little at a time until well blended. Season with salt and pepper.
4. Optional: Wrap the pita bread in foil. Put in the oven to warm while the chicken is broiling.
5. Remove the tzatziki from the fridge. Serve at room temperature with the pita bread.

Salad:

1. Wash and cube the tomatoes, onion, cucumber. Cube feta cheese. Place in a medium bowl.
2. Combine the olive oil, oregano, lemon juice, salt and pepper in a separate small bowl. Add to the vegetables and cheese and toss with a fork.