

Grilled greek chicken on a whole wheat pita

This recipe is the perfect grilling meal for a hot summer night. Grill chicken and add to a homemade Greek salad (including dressing) and stuff into whole wheat pitas for a tasty and balanced meal.

Ingredients

- 4 (6-inch) whole wheat pitas
- 3 (6-oz) boneless, skinless chicken breasts
- 3 tbsp extra-virgin olive oil, plus oil for brushing
- 6 cups chopped romaine (about 1 small head)
- 2 tbsp fresh lemon juice (about 1 lemon)
- 1 cup cherry tomatoes, halved
- 1 tsp red wine vinegar
- 1 cucumber, sliced
- 1 tsp dried oregano
- 1 cup feta cheese
- 1 small clove garlic, finely grated
- 1 cup red onion, thinly sliced
- Kosher salt and freshly ground black pepper
- 1/2 cup black olives

Directions

1. Preheat grill to medium and lightly brush with oil.
2. Whisk together lemon juice, vinegar, oregano, garlic, 1/4 tsp salt and pepper. Slowly drizzle olive oil in while whisking. Sprinkle chicken breasts all over with 1/4 tsp salt and some pepper, toss with 2 tbsp dressing. Grill chicken until nicely marked, reaching an internal temperature of 165° F (about 4 - 5 min per side). Let rest for a few minutes, then slice.
3. Combine sliced chicken, lettuce, tomatoes, cucumbers, olives, red onions, and feta cheese. Evenly distribute and stuff into 4 pitas. Brush outside of pitas with some of the remaining dressing and grill lightly on each side.

GrainFact:

Whole grains contribute carbohydrates (carbs), dietary fibre, healthy fat, B vitamins and minerals into our diet.



Yield: 4 servings
Prep time: 15 minutes
Cook time: 10 minutes



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