



**Elliott Evans Nutrition, LLC**  
Prevent and Protect  
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## **CHICKEN PITA WITH TZATZIKI**

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***Makes 4 servings***

- 2**      tablespoons olive oil
- 1 ½**     pounds boneless, skinless chicken thighs (about 8)
- ¼**      teaspoon cayenne pepper
- Kosher salt and black pepper
- 1**      cup low-fat Greek yogurt
- 1**      cucumber, seeded and grated (about 1 ¼ cups)
- ¼**      cup chopped fresh mint
- ½**      small clove garlic, finely chopped
- 4**      flat breads or pocketless pitas, warmed
- 1**      small romaine heart, leaves torn if large
- 8**      cherry tomatoes

### **Preparation:**

- Heat the oil in a large skillet over medium-high heat. Season the chicken with the cayenne, ½ teaspoon salt, and ¼ teaspoon black pepper. Cook until through, 6-7 minutes per side. Cut into bite-size pieces
- Meanwhile, in a medium bowl, mix together the yogurt, cucumber, mint, garlic, ½ teaspoon salt, and ¼ teaspoon of black pepper.
- Top the flat breads with the romaine, chicken, tomatoes, and tzatziki.