

Chicken Souvlaki

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-pita-bowls-recipe>

Ingredients:

- 2 cloves garlic chopped
- 1 lemon juice and zest
- 1 tablespoon yogurt
- 1/4 cup olive oil
- 1 teaspoon oregano
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 pound chicken breast cut into bite sized pieces
- 4 pitas
- 1 batch chicken souvlaki, warm
- 2 tomatoes sliced
- 1/4 cup red onion sliced
- 1/4 cup tzatziki
- 1/2 cup feta crumbled
- 2 roasted red peppers sliced, optional

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 90 milligrams
4. Fat: 23 grams
5. Fiber: 5 grams
6. Protein: 33 grams
7. SaturatedFat: 6 grams
8. Sodium: 810 milligrams
9. Sugar: 4 grams

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