



From the Kitchen of
THE CENTER
for Health Improvement

Easy Greek Tzatziki Chicken Salad

Recipe provided by: Host The Toast at <http://hostthetoast.com>

Ingredients:

- ¾ cup reduced fat Greek yogurt
- 2 Tablespoons freshly squeezed lemon juice
- 3 cloves garlic, minced
- 1 medium cucumber, chopped
- 4 cups shredded rotisserie chicken
- 6 cherry tomatoes, quartered
- ½ medium onion, chopped
- 3 oz feta cheese, crumbled
- ¼ cup kalamata olives, chopped
- 2 Tablespoons fresh dill, chopped
- 2 Tablespoons parsley, chopped
- Kosher salt, to taste
- 6 pitas, for serving

Instructions: 1. In a large bowl, combine all the ingredients except the pitas and mix well. Chill until ready to serve, at least 30 minutes. 2. Serve on pita bread.

Nutritional Information
(Per serving):

Serves 6

Serving Size: 1 pita

Calories: 321

Fat: 9 g

Saturated fat: 4 g

Cholesterol: 94 mg

Carbohydrates: 31 g

Sodium: 751 mg

Protein: 29 g

