Chicken and Dill Souvlaki

Yield: 4 servings  
Total Time: 15 minutes

Ingredients
- 2 Tablespoons canola oil or olive oil
- 3 Tablespoons lemon juice
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 pound cooked chicken breast (leftover, rotisserie, or canned), sliced into thin strips
- 2 small cucumbers, sliced into thin half-moons
- ½ small sweet onion (such as Vidalia), thinly sliced
- 2 Tablespoons chopped fresh dill or 2 teaspoons dried dill
- 4 6-inch whole wheat pita
- 1 medium tomato, sliced
- ½ cup plain Greek yogurt (optional)

Preparation Instructions
1. In a large bowl, combine the oil, lemon juice, salt, and pepper.  
2. Fold in the chicken, cucumbers, onion, and dill.  
3. Divide the chicken mixture and sliced tomatoes evenly among the pitas. If desired, top each pita with 2 Tablespoons of Greek yogurt.

Nutrition Analysis
Per serving: 370 calories; 12g fat (2g saturated, 0g trans); 95mg cholesterol; 400mg sodium; 25g carbohydrate (4g dietary fiber; 3g sugar); 40g protein. Vitamin A 8%, Vitamin C 20%, Calcium 4%, Iron 15% Daily Value.

Tips: If desired, warm pita bread in oven or grill over medium heat.

Modified from www.realsimple.com