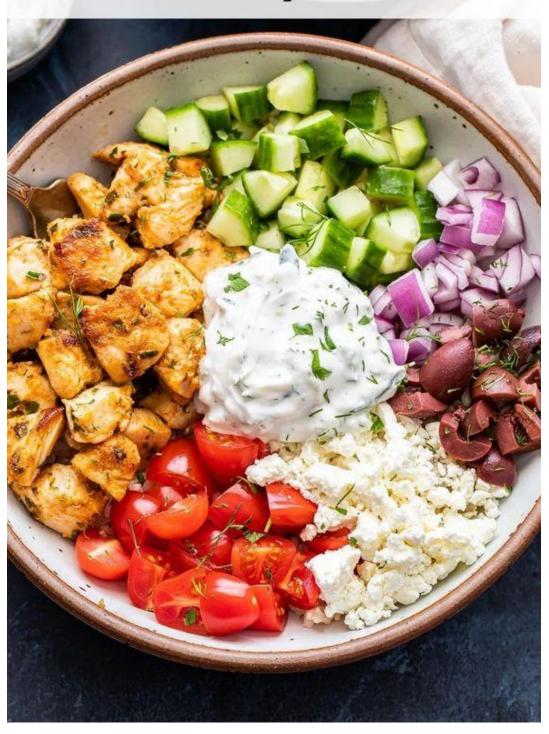
Chicken Gyro Bowls



Link to original recipe:

https://reciperunner.com/chicken-gyro-bowls/

Chicken Gyro Bowls

Chicken Marinade

- 1/4 cup plain Greek yogurt, low fat or full fat are best
- 2 tablespoons fresh lemon juice
- 2 cloves of garlic, grated
- 2 tablespoon chopped flat leaf parsley
- 1 tablespoon olive oil
- 1 1/2 teaspoons dried oregano
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- Salt and freshly ground black pepper to taste
- 1 1/4 pounds boneless skinless chicken breasts, cut into bite sized pieces

Tzatziki sauce

- 1 cup shredded cucumber, you can also dice the cucumber
- 1 1/2 cups plain Greek yogurt, non-fat, 2%, or whole
- 2 tablespoons fresh lemon juice
- 1 tablespoon chopped fresh dill
- 1/2 teaspoon grated garlic, 1 teaspoon if you like it extra garlicy
- Salt and freshly ground black pepper to taste

Other Ingredients

- 1 cup quartered cherry tomatoes
- 1 cup diced cucumber
- 1/4 cup diced red onion
- 1/3 cup kalamata olives
- 1/2 cup crumbled feta cheese
- 2 cups cooked brown rice

Instructions

- 1. Combine all the ingredients for the chicken marinade in a bowl and stir together until combined. Add in the cubed chicken and let it marinate for 30 minutes.
- 2. While the chicken marinates make the tzatziki sauce. Stir together all of the ingredients and taste for seasoning. Refrigerate until ready to serve.
- 3. In a large skillet over medium-high heat add enough olive oil to coat the bottom of the pan. Add in the chicken and spread it into a single layer. Let it brown for 3-4 minutes before flipping it over. Continue to cook another 4-5 minutes or until it's cooked through.
- 4. To assemble the bowls, fill the bowl with rice and then top it with some of the chicken, cucumbers, red onion, tomatoes, kalamata olives, crumbled feta, and tzatziki sauce.