Mediterranean Dishes

Chicken Gyros & Tzatziki sauce

Serves: 4

Ingredients

- 4 chicken breasts, pounded to ½ inch thickness
- 1 tablespoon Mediterranean seasoning 1 red pepper, thinly sliced
- ½ red onion, thinly sliced
- 4 pitas (this is a Greek-style flatbread you can find at almost any grocery store near the bread and tortillas or in the bakery)
- optional: lettuce, feta cheese crumbles

Tzatziki sauce

- ½ English cucumber, peeled and diced
- 2 cups cold plain Greek yogurt
- 4 teaspoons minced garlic
- ⅓ cup chopped dill, fresh or frozen (may sub 2 tablespoons dried dill)
- 1½ Tbsp freshly squeezed lemon juice (juice of ½ medium lemon)
- ½ tsp salt, or to taste
- ⅛ tsp black pepper

Instructions

1. Puree all sauce ingredients in a blender or food processor. Cover and chill until ready to serve. (If you have time, make this a few hours in advance or the night before so that the flavors can marinate)
2. Season chicken breasts with Mediterranean seasoning. Cook in a large skillet or pan over medium heat 5-6 minutes on each side until cooked through. Cut into strips.
3. Lay pitas on a clean surface. Add lettuce (if desired, chicken, red pepper strips, and onions. Top with tzatziki sauce and feta (if desired). Fold pita over like a sandwich, or roll it.

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Mediterranean Quinoa Salad

Serves 4

Ingredients

- 1½ cup dry quinoa
- ½ teaspoon kosher salt
- ½ cup extra virgin olive oil
- 1 tablespoon balsamic vinegar
- 2 garlic cloves, pressed
- ½ teaspoon dry basil, minced
- ½ teaspoon dried thyme, crushed between your fingers
- kosher salt and freshly ground black pepper
- 3 cups arugula
- 1 15 ounce can garbanzo beans, drained
- ⅓ cup roasted red bell pepper, drained and chopped
- ⅓ cup pitted kalamata olives, sliced
- ⅓ cup crumbled feta cheese
- ¼ cup basil, thinly slivered

Instructions

1. Cook the quinoa according to package directions with ½ teaspoon salt added to the water. Cool completely.
2. Mix the olive oil, balsamic vinegar, pressed garlic, basil and thyme. Whisk until well combined. Season with kosher salt and freshly ground black pepper and set aside.
3. To a large serving bowl, add the quinoa, arugula, garbanzo beans, and red bell pepper, kalamata olives and feta cheese.
4. Drizzle with the dressing and garnish with basil. Season to taste. Serve at room temperature.

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