

Greek Chicken Wraps

10 ingredients · 30 minutes · 2 servings



Directions

1. Add the cubed chicken to a bowl. Add the olive oil and Greek seasoning. Mix to combine.
2. Heat a frying pan over medium heat and add the chicken, including the liquid from the bowl. Spread out the chicken so it's not crowded.
3. Cook the chicken for seven to eight minutes per side or until cooked through and browned.
4. To assemble, place the pitas on plates and top evenly with tzatziki, spinach, cucumber, tomato, chicken, onion, and feta. Enjoy!

Notes

Leftovers

Best enjoyed immediately after assembling but ingredients can be refrigerated in separate containers for up to three days.

Gluten-Free

Use a gluten-free pita.

Dairy-Free

Use vegan tzatziki and feta.

More Flavor

Add lemon juice to the chicken.

Additional Toppings

Oregano, fresh dill, fresh parsley.

Ingredients

227 grams Chicken Breast (boneless, skinless, cubed)

1 tbsp Extra Virgin Olive Oil

2 tbsps Greek Seasoning

2 Whole Wheat Pita

1/4 cup Tzatziki

1 cup Baby Spinach

1/4 Cucumber (medium, sliced)

1/2 Tomato (medium, sliced)

1/2 cup Red Onion (small, sliced)

1/4 cup Feta Cheese (crumbled)

Nutrition

Amount per serving

Calories	472	Vitamin D	4IU
Fat	17g	Vitamin E	2mg
Carbs	44g	Vitamin K	84µg
Fiber	5g	Thiamine	0.4mg
Sugar	5g	Riboflavin	0.5mg
Protein	37g	Niacin	13mg
Cholesterol	104mg	Vitamin B6	1.3mg
Sodium	2540mg	Folate	86µg
Potassium	754mg	Vitamin B12	0.6µg
Vitamin A	2075IU	Phosphorous	455mg



Vitamin C	14mg	Magnesium	102mg
Calcium	199mg	Zinc	3mg
Iron	3mg	Selenium	57µg

