

THE BEST CHICKEN PITA

Servings: Up to 4

Cooking Time: 35 Minutes



Developed By: Farmer Focus

INGREDIENTS

- 2 Farmer Focus Boneless Skinless Chicken Breasts (about 1.5 lbs)
(sub idea: Boneless Skinless Thighs)
- 2 medium tomatoes, sliced how you like
- Feta Cheese
- Your favorite pita pockets

For the marinade

- 1/2 cup olive oil
- 3 Tb red wine vinegar
- 3 Tb lemon juice (~one lemon worth)
- 1 Tb dijon mustard
- 1 tsp salt
- 1 tsp pepper

Tzatziki Sauce

- 1/4 cup plain Greek yogurt
- 1/4 cup cucumber, peeled, seeded, minced
- 2 tsp lemon juice
- 2 tsp olive oil
- 1/2 tsp dried dill (or 1tsp fresh, chopped)
- 1/4 tsp garlic powder
- 1/8 tsp pepper
- salt to taste

DIRECTIONS

1. Mix marinade ingredients together well.
2. Place chicken in a shallow dish and pour marinade over. Let the chicken rest in the marinade for at least 30 minutes, up to overnight.
3. Make tzatziki sauce by combining all ingredients and mixing well. Use a food processor for a creamier sauce.
4. Cook chicken breasts until internal temperature is at 165°, rest for a few minutes, then cut into strips.
5. Throw it all in the pita!

Try Other Flavors

Here are a few more edible-container combinations that use the same prep methods with different flavors:

Thai Chicken

Marinade: Teriyaki

Filling: Shredded purple cabbage, cucumber, carrot, red bell pepper

Sauce: Sweet Thai chili sauce or peanut sauce

Wrap: Rice paper wraps

Cali Club Wrap

Marinade: Simple salt & pepper

Filling: Diced tomato, bacon, avocado

Sauce: Hot sauce

Wrap: Flour tortilla