

Greek Chicken Gyro Salad

Serves 2
THM-Friendly: S

• 1/4 cup chickpeas/garbanzo beans (canned is fine)
Roast them at 400° for 15 minutes or until crispy. The air fryer works well for this. Set aside.

Tzatziki Sauce:

- 1/2 of a cucumber (shredded)
- 3/4 cup 0% fat Greek yogurt
- 1 Tbsp. red wine vinegar
- 2 cloves garlic, minced or pressed
- salt and pepper
- 1 Tbsp. chopped fresh dill (or 2 tsp. dried...but fresh is preferable)

Shred the cucumber and press out the water with a paper towel. Combine the remaining sauce ingredients with the cucumber and refrigerate.

Chicken:

- 2 Tbsp. coconut oil
- 2 Tbsp. lemon juice
- 2-3 garlic cloves
- 1 1/2 Tbsp. dried oregano
- 1 tsp. mineral salt
- 1/2 tsp. pepper
- 1/2 - 1 cup chicken broth
- 6-8 oz. (uncooked) chicken breast, cut into chunks

Melt the coconut oil, then add the chicken and the remaining ingredients. Cook until the meat is cooked through and the liquid is cooked down.

Dressing:

- 1/4 cup extra virgin olive oil
- 1/4 cup red wine vinegar
- 1 clove of garlic, minced
- 1 tsp. oregano
- 1 tsp. Super Sweet

Combine and set aside.

Salad:

- 6 cups chopped romaine lettuce
- 1 cup sliced cherry tomatoes
- 1 cucumber, diced
- 1 avocado, chopped (If you're not serving the second salad now, only use 1/2)
- 1/4 cup kalamata olives
- 1/4 red onion
- 1/4 cup feta cheese

Assemble the salad with chickpeas and chicken, and dress with dressing (to taste). Gently toss. Top with tzatziki sauce. Serve with a low-carb pita (optional).

