



Chicken Gyro Bowl

Ingredients



1 lb (454 gr) skinless chicken thighs
¼ cup olive oil
3 Tbsp lemon juice, freshly squeezed
3 cloves garlic, minced
1 Tbsp dried oregano
1 tsp ground cumin
1 tsp ground coriander
1 tsp salt

½ tsp black pepper
2 cups cooked quinoa
1 cup cherry tomatoes, halved
1 cup cucumber, diced
½ red onion, thinly sliced
¼ cup Kalamata olives, pitted and halved
¼ cup crumbled feta cheese
Fresh parsley or dill, for garnish

Tzatziki Sauce

1 cup plain Greek yogurt
½ cucumber, grated and excess moisture squeezed out
1 Tbsp lemon juice

1 Tbsp fresh dill, chopped
2 cloves garlic, minced
Salt and pepper to taste

Preparation

1. In a large bowl, whisk together olive oil, lemon juice, garlic, oregano, cumin, coriander, salt, and black pepper. Add the chicken thighs and toss to coat. Cover and marinate in the refrigerator for at least 1 hour, or overnight for best results.
2. Preheat the grill to medium-high heat. Grill the marinated chicken for 5-7 minutes on each side, or until the internal temperature reaches 165°F (75°C). Remove from the grill and let rest for a few minutes before slicing into strips.
3. While the chicken is grilling, prepare the Tzatziki sauce. In a bowl, mix the Greek yogurt, grated cucumber, lemon juice, dill, garlic, salt, and pepper. Adjust seasoning to taste. Refrigerate until ready to use.

Assemble the Bowls

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4.To assemble the bowls, divide the cooked quinoa among serving bowls. Top with grilled chicken slices, cherry tomatoes, cucumber, red onion, olives, and feta cheese.

5.Drizzle tzatziki sauce over each bowl and garnish with fresh parsley or dill

Serve with warm pita bread.

Notes

Other Proteins

Beef Steak
Ground Chicken or Turkey
Pork Tenderloin
Shrimp
Firm Tofu - fried until browned

Other Starches

Couscous
Quinoa
Rice Noodles
Pasta

Other Vegetables

Sweet Potato - baked and cubed
Celery
Radish or any vegetables you prefer...sky is the limit

Other Sauces

Teriyaki
Chipotle Mayo
Garlic Alioli
Honey Garlic