

PREPARATION: 15 MINUTES

MARINATING: 1 HOUR

COOKING: 15 MINUTES

SERVINGS: 2

CHICKEN SOUVLAKI SANDWICHES

Nutrient Analysis			
PER SERVING: 2 Pita Pockets			
RENAL EXCHANGE: 4 Meat + 2 Starch +1 Vegetable			
Calories	383 Kcal	Sodium	389 mg
Protein	34 g	Potassium	522 mg
Total Carbohydrate	39 g	Phosphorus	360 mg
Fiber	3 g	Calcium	115 mg
Sugars	2 g	Iron	2 mg
Fat	10 g	Magnesium	57 mg
Saturated	1 g	Vitamin C	6 mg
Cholesterol	66 mg		

Diet Types	
<input type="checkbox"/> CKD Non-Dialysis	<input checked="" type="checkbox"/> Dialysis/Diabetes
<input checked="" type="checkbox"/> Dialysis	<input checked="" type="checkbox"/> Transplant

PLEASE NOTE: This recipe is higher in potassium and moderation is needed in choosing additional foods for the remainder of the day.



CHICKEN SOUVLAKI SANDWICHES

INGREDIENTS

½ lb chicken breast, cubed

Marinade

¼ teaspoon ground black pepper

1 teaspoon dry oregano

1 tablespoon fresh dill

¼ cup red onion, diced

1 teaspoon garlic, minced

1 teaspoon lemon zest

1 tablespoon vegetable oil

Cucumber Salad

½ cup cucumber, seeded and grated

1 tablespoon red onion, diced

1 teaspoon garlic, minced

1 teaspoon fresh dill, chopped

½ teaspoon ground black pepper

2 tablespoons plain greek yogurt

2 pitas, cut in half to make four pockets

½ cup romaine lettuce, washed and chopped

PREPARATION

- 1** In a bowl, combine all marinade ingredients and add the chicken. Mix, cover with plastic wrap and refrigerate for at least one hour.
- 2** Prepare the cucumber salad in a bowl: squeeze out any excess liquid from the grated cucumber. Add the onion, garlic, dill, pepper, and yogurt to the cucumber. Mix, cover with plastic wrap and refrigerate until ready to use.
- 3** Heat a skillet over medium heat and add the chicken with the marinade. Sauté until the chicken is cooked through, approximately 15 minutes.
- 4** To assemble the pita sandwiches, add the cooked chicken to each pita pocket. Top with cucumber salad and lettuce.



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