

Greek Chicken Souvlaki

INGREDIENTS:



3 hours



10-15 min



8 Servings

- 1/4 cup Extra Virgin Olive Oil
- 1 teaspoon Garlic Powder
- 1 teaspoon Dried Oregano
- 1/2 cube Chicken Base
- 2 tablespoons Lemon Juice
- 1/2 teaspoons Salt
- 2 pounds Skinless, Boneless Chicken Breast cut into cubes
- 4 ea Wood Skewers
- 4 ea Pita Bread
- 24 ounce Whole Milk, Greek Yogurt
- 2 ea Cucumbers, Peeled, Seeded
- 2 tablespoons Minced Garlic
- 2 tablespoons Lemon Juice
- 2 tablespoons extra virgin Olive Oil
- 1/4 tablespoons Salt
- 1/4 tablespoons White Pepper
- 1/4 cup Dill, chopped
- 1/4 cup Parsley, chopped (for garnish)

INSTRUCTIONS:

Gather all ingredients. **PREPARE KABOBS:** Combine olive oil, garlic powder, lemon juice, oregano, chicken base, and salt in a large resealable Ziploc bag. Add chicken, mix with the marinade well, squeeze out excess air and seal the bag: marinate in the refrigerator for 2 hours. Place the grated cucumber in a fine-mesh cheesecloth. Gather up ends of cheesecloth and twist as far down as possible. Gather up ends of cheesecloth and twist as far down as possible. Squeeze out as much water workable from the cucumber. Do this several times, until the grated cucumber has exuded most of its liquid. Empty the yogurt into a medium bowl. Combine cucumber, garlic, lemon juice, olive oil, salt, pepper and dill and stir to combine Taste and adjust the salt if necessary. Cover and refrigerate for 30 minutes before serving. Soak wooden skewers in bowl of cold water for 15 minutes. Preheat an indoor grill for medium-heat and lightly oil and grate. Remove chicken from marinade and thread onto the soaked skewers. Discard unused marinade. Cook the skewers and preheated grill. Turn frequently until brown on all sides and chicken is no longer pink in the center, about 7 to 8 minutes per side. Lightly coat both sides of pita bread with olive oil and place it on the grill. Grill each side for 5-4 minutes, until it's golden. Grab a medium size plate, first place pita bread down, then add slices of tomatoes. Lettuce and 2 tablespoons of tzatziki, then place the grilled chicken skewer on top. Sprinkle chopped parsley over entire dish as garnish.

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Safety Harbor Middle School

PCSB Food and Nutrition Jr. Chef Showcase

