



GRILLED GREEK CHICKEN WITH TZATZIKI SAUCE

By Dr. Cindy Tanzar
(Standard/Maintenance)

Greek spices are a great way to add flavor and variety to your chicken dishes. This marinade can be easily doubled to add more chicken, too. Mary Clugston shared her Tzatziki Sauce recipe with us before, which would make a delicious addition. Slice the chicken and place into a nice lettuce wrap with red onion and Tzatziki Sauce, and you've got a delicious meal. You can also chop the chicken and add it to 2 cups of tomato, onion, cucumber and any other vegetable you like.

Makes 4-6 servings. One serving is 3 oz cooked. The chicken recipe alone covers your protein. If using the Tzatziki Sauce (below), use 2-3 Tbsp to cover your fat and 1/4 cup raw vegetable, as well.



INGREDIENTS

4 chicken breasts or 5-6 thighs (depending on size)
1/4 cup avocado or extra virgin olive oil
Juice of one fresh lemon
1-2 Tbsp fresh, finely-chopped oregano, thyme and rosemary,
depending on your tastes (See **NOTES**, next page)
2-3 cloves garlic, minced
Pink Himalayan salt & black pepper, to taste

INSTRUCTIONS

Place chicken into a bowl. Whisk together the oil, lemon, herbs, garlic, salt and pepper. Pour it over the chicken pieces mixing to coat well. Turn chicken a couple of times while marinating to ensure an even coating. Let the chicken marinade for at least 30 minutes, but preferably for several hours for maximum flavor. Grill chicken, cooking until juices are clear (165° for thighs, 160° for breasts).



NOTES:

You can purchase inexpensive fresh herb bundles at most grocery stores. If you want to use dried herbs, they are much stronger in flavor, so you will need to decrease the amount to 1-2 teaspoons (the ratio of fresh to dried herbs is 3:1). Dried thyme goes a long way, so go a little lighter on it. If you don't like or don't have dried rosemary, it can be omitted (it is also stronger in flavor).

TZATZIKI SAUCE

Lasts about 3 days in the frig. Can cut recipe in half.

INGREDIENTS

- 1 13.5-oz can coconut cream (not milk), well blended
- 2 cucumbers, peeled, seeded and small diced
- 2 Tbsp. extra virgin olive oil
- 1/2 lemon, juiced
- 1 Tbsp. chopped fresh dill
- 3 cloves of garlic, peeled and minced
- Pink Himalayan salt & freshly-ground pepper, to taste



INSTRUCTIONS

In a food processor or blender, add all the ingredients, mixing until well-combined. Transfer into a dish, cover and refrigerate for at least one hour for the flavors to blend. If you don't have a food processor or blender, just mix very well by hand with a whisk in a medium-sized bowl.