



CHICKEN KEBAB WITH TZATZIKI AND PITA

A great summer time chicken recipe topped with cool, creamy tzatziki sauce. Preparation is required 2-3 hours ahead of time but well worth the extra wait time. Choose this recipe for those needing high protein, low fiber choices. **Yield: 6 servings**

INGREDIENTS:

Pita:

- 1 pack store-bought pita bread

Tzatziki sauce:

- 3 cucumbers
- 12 oz. plain Greek yogurt
- 1 pinch of sea salt
- ½ tsp. extra virgin olive oil
- 2 cloves of garlic, minced

Chicken:

- 1 ½ pounds skinless, boneless chicken breast halves, cut into ½ inch pieces
- ¼ cup olive oil for marinade
- 2 Tbsp. lemon juice
- 1 tsp. dried oregano
- ½ tsp. sea salt
- 6 wooden skewers

NUTRITIONAL DATA:

441 calories, 13.8 grams fat, 3 grams saturated fat, 67 mg cholesterol, 44.7 grams carbohydrate, 3 grams dietary fiber, 34.9 grams protein

DIRECTIONS:

Tzatziki sauce:

1. Clean and grate cucumbers. Be sure to remove seeds and peel off cucumber skin if on a low-fiber diet.
2. Strain juice and place in medium bowl.
3. Add yogurt to bowl and mix cucumbers, garlic, salt and olive oil together.
4. Cover and refrigerate for 30 minutes.

Chicken and pita:

1. Combine ¼ cup olive oil, lemon juice, 1 tsp. oregano, and ½ tsp. sea salt in a large bowl.
2. Add chicken, mix with the marinade and cover the bowl.
3. Marinate in the refrigerator for at least 2 hours.
4. Skewer chicken evenly on 6 wooden skewers. Preheat grill, place pitas on grill for 2 minutes on each side until slightly browned.
5. Remove from grill and set aside.
6. Cook the skewers on the preheated grill, turning frequently until nicely browned on all sides, about 10 minutes per side. Serve with grilled pita and topped with tzatziki sauce.

The **Cooking. Comfort. Care. Nourishment for the Pancreatic Cancer Fight** program was created by Celgene Corporation and in collaboration with the Pancreatic Cancer Action Network, Meals to Heal and Chef Michael Ferraro. These recipes were developed by registered dietitians who are board-certified specialists in oncology nutrition affiliated with the Pancreatic Cancer Action Network and at Meals to Heal, along with Chef Michael Ferraro. This content is for information purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Talk to your healthcare team for nutritional advice or specific questions you have about managing your condition or that of a loved one.