



Chicken Tzatziki Bowl



prep time
25 minutes



total time
45 minutes



servings
6

Ingredients

- 1 1/2 pounds/675 grams boneless skinless chicken breasts or thighs, cubed ~ 19 servings of protein
- 1/3 cup non-fat plain Greek yogurt ~ 1/2 serving of protein
- 1/4 cup extra virgin olive oil ~ 4 servings of fat
- 2 Persian cucumbers, chopped ~ 1/2 servings of veggies
- 1 medium avocado, diced ~ 2 servings of fat
- 6 ounces/180 grams feta cheese ~ 4.5 servings protein, 3 servings of fat
- 1-2 cups tzatziki sauce ~ 1/2 to 1 serving of protein, 1/2 to 1 serving of carb, 1/2 to 1 serving of fat
- 6 garlic cloves, chopped
- 2 shallots, chopped
- 1 tablespoon smoked paprika
- 1 tablespoon chopped fresh oregano
- chili flakes, Kosher salt, and black pepper
- 2 tablespoons lemon juice
- 1/4 cup fresh dill, chopped
- lettuce, peperoncini, sliced peppers, onion, tomatoes, and pitas, for serving

Ginger Tahini

- 1/2 cup tahini ~ 4 servings of fat
- 2 teaspoons grated ginger
- 1 clove garlic, grated
- 2 teaspoons coconut aminos
- 1 tablespoon lemon juice
- 2 teaspoons honey ~ 1 servings carb

 balanced bowl

Instructions

- 1** In a bowl, combine the yogurt, olive oil, cubed chicken, garlic, shallots, paprika, oregano, chili flakes, and a large pinch each of salt and pepper. Let marinate for 15 minutes at room temperature or up to overnight in the refrigerator.
- 2** Preheat the oven to 425° F. Arrange the chicken on a baking sheet. Bake 15 minutes, toss and bake another 5-10 minutes, or until cooked through. Switch the oven to broil. Broil 1-2 minutes, until the chicken chars on the edges.
- 3** Meanwhile, combine the cucumbers, avocado, lemon, dill, salt, and pepper.
- 4** To make the tahini. Combine all ingredients and 1/4 cup water in a blender and blend until smooth. If needed, add water to thin the sauce



as desired. Season to taste with salt.

- 5** To assemble, add lettuce to a bowl. Top with chicken, cucumber/avocado, feta cheese, and any other desired toppings. Add a few dollops of Tzatziki. Drizzle over the tahini.

Whole Recipe Breakdown:
24.5 to 25.5 servings protein
1.5 to 2.5 servings carb
13.5 to 14.5 servings fat
1/2 servings veggies

