

Greek Style Chicken Salad Sandwiches

Sauce

2 cups Greek Yogurt (I used Fage 2%)
1 medium cucumber
Kosher salt
3 - 4 cloves garlic, minced
1 - 2 tbsp. chopped mint (or dill)
Juice of 1/2 lemon

Sandwich

Pita bread, halved
1 1/2 cups diced cook chicken
1/2 cup feta cheese crumbles
baby spinach (if desired)
kalamata olives (if desired)
diced red onion (if desired)

Tzatziki sauce: Peel cucumber, slice cucumber in half length wise. using a small spoon, scoop out seeds so that the cucumber looks like a canoe. Lightly sprinkle the cucumber with the salt and invert on a rack for approximately 30 minutes to remove excess moisture. Dice cucumbers into small pieces. In a medium bowl mix in the diced cucumbers, yogurt, minced garlic, mint and the juice of 1/2 lemon. Mix well.

In a medium bowl add the chicken and the feta cheese. Add approximately 1 cup of the sauce to the chicken and mix, if it isn't creamy enough add more sauce in a small portions and add until you get the desired consistency. (I like mine super creamy, if you have left over tzatziki, it's perfect for pita chips.)

Place the Greek styled chicken salad in a spinach lined, split pita. Top with Kalamata olives and diced red onion if desired.