

Chicken Breast Meat Gyro

Make juicy and tender [chicken breast gyros](#) at home by marinating sliced chicken breast in yogurt, lemon, garlic, and Mediterranean spices, then pan-searing or grilling it.

Ingredients

Chicken Marinade & Meat

- 1.5 lbs boneless, skinless chicken breasts
- 3 tbsp full-fat Greek yogurt
- 3 tbsp lemon juice
- 1 tbsp extra virgin olive oil
- 1 tbsp red wine vinegar or white wine vinegar
- 3 large garlic cloves, minced
- 1.5 tbsp dried oregano
- 1 tsp smoked paprika or regular paprika
- 1 tsp ground cumin
- 1 tsp salt and 1/2 tsp black pepper



Tzatziki Sauce

- 1 cup Greek yogurt
- 1/2 cucumber, grated and squeezed dry of excess liquid
- 1 garlic clove, minced
- 1 tbsp lemon juice
- 1 tbsp olive oil
- 1 tbsp fresh dill or parsley, chopped
- Salt and pepper to taste

Assembly

- 4-6 [pita breads](#) or flatbreads
- 1-2 tomatoes, diced
- 1/2 red onion, thinly sliced
- 1/2 cup crumbled feta cheese (optional)

Instructions

1. **Prep and Pound:** Lightly pound the chicken breasts to an even thickness so they cook uniformly, then cut them into thin, 1/2-inch strips.]
2. **Marinate:** In a bowl, combine the Greek yogurt, lemon juice, olive oil, vinegar, minced garlic, oregano, paprika, cumin, salt, and pepper. Add the chicken strips and toss to coat completely. Marinate in the refrigerator for at least **30 minutes to 2 hours** (up to 24 hours).
3. **Make Tzatziki:** Mix the drained grated cucumber, Greek yogurt, minced garlic, lemon juice, olive oil, and fresh dill in a small bowl. Season with salt and pepper, then chill until ready to serve.
4. **Cook the Chicken:** Heat a large skillet over medium-high heat with **2 tablespoons** of olive oil. Dab off excess marinade from the chicken strips so they brown nicely instead of steaming. Cook for **2 to 3 minutes** per side until golden brown and cooked through.
5. **Assemble:** Warm your pita breads in a dry skillet or oven. Spread a generous amount of [tzatziki sauce](#) over each pita, top with the warm seared chicken, diced tomatoes, sliced red onions, and a sprinkle of feta cheese. Roll up and serve.

Non-Dairy Tzatziki Sauce

You can make a quick, cool, and creamy [dairy-free tzatziki](#) in just 10 minutes using plain unsweetened plant-based yogurt.

Ingredients

- **1 cup** plain unsweetened dairy-free yogurt (such as almond, coconut, or soy Greek-style yogurt)
- **1/2** large English cucumber, grated or finely diced
- **2 cloves** garlic, minced
- **1 tablespoon** fresh dill, chopped (or use half if dried)
- **1 to 2 tablespoons** fresh lemon juice
- **1 tablespoon** extra virgin olive oil (plus extra for drizzling)
- **Salt and black pepper** to taste

Instructions

1. **Prep the cucumber:** Grate the cucumber on a box grater or dice it finely. Place the cucumber inside a clean kitchen towel or paper towel and squeeze firmly over the sink to remove as much excess water as possible.

2. **Mix the base:** In a medium bowl, combine the dairy-free yogurt, minced garlic, chopped dill, lemon juice, and olive oil.
3. **Combine:** Stir in the squeezed cucumber until fully incorporated.]
4. **Season and chill:** Add salt and black pepper to taste. Drizzle a little extra olive oil on top. Serve right away, or chill in the refrigerator for 30 minutes to let the flavors meld.