

*Recipes created by Delmy Jaghab*

## **Greek Pita:**

### **Whole Wheat Honey Pita Bread**

#### **Chicken -**

2lbs Chicken cutlets  
2 tsp Cumin  
1 tsp Paprika  
3 Cloves of Crushed Garlic  
Salt and Pepper to Taste

#### **Yogurt Sauce-**

1 cup Greek Plain Non-Fat Yogurt  
½ of a Red Onion  
1 Cucumber  
1 tsp Fresh Chopped Dill  
Juice from 1 Lemon  
(Before you mix the ingredients let the onions sit in the lemon juice to pickle for about 5 minutes)

\*Place cut up chicken and Yogurt Sauce in a Whole Wheat Honey Pita.

## **Greek Salad:**

#### **Chicken-**

2 lbs Chicken Cutlets  
1 ½ tsp Oregano  
3 Cloves of Crush Garlic  
Juice from 1 Lemon  
Salt and pepper to taste  
(Let this mixture marinade for at least 30 minutes; the longer the better the taste)

#### **Lettuce Mix-**

2 Stalks of Romaine  
1 Cucumber  
1 Red Pepper  
1 Jar of Kalamata Olives (Drained)  
½ Cup of Feta Cheese to Top off Salad

#### **Vinaigrette-**

¼ Cup Olive Oil  
⅓ Cup Red Wine Vinegar  
½ Red Onion Thinly Sliced  
1 tsp Oregano  
1 Clove Crushed Garlic  
Salt and Pepper to Taste  
(Whisk together to Emulsify; Pour over Salad)