

# Tzatziki Chicken Salad Lettuce Wraps

Serving Size: 2 each

Makes 12 servings

## Tzatziki Sauce

4 oz	cucumbers, seeded
1 cup	fat free plain yogurt
1 tbs	white wine vinegar
½ tsp	minced garlic, fresh
2 tsp	dill weed, chopped
2 tsp	mint bunch, chopped
¼ tsp	salt
2 ½ tbs	canola oil

## Lemon Pepper Chicken

3 lb.	chicken breast, boneless
1 tbs	canola oil
1 ½ tsp	lemon zest, grated
2 tbs	lemon juice, fresh
1 tsp	salt
1 ½ tsp	ground black pepper

## For Lettuce Wraps

garnish	dill weed, sprigs
24 each	lettuce leaf

## Preparation:

1. Prepare tzatziki sauce by finely chopping cucumber and combining with yogurt, vinegar, garlic, dill, mint, salt, and oil in a bowl. Mix until sauce is smooth.
2. Cut chicken to 5 oz raw portions\*. Pound or butterfly chicken to uniform thickness. Toss chicken breasts in oil, lemon juice, lemon zest, salt and pepper. Cook in oven or grill to an internal temperature of 165°F. Discard leftover marinade.
3. Toss diced chicken with tzatziki sauce until evenly coated.
4. Fill each lettuce wrap with 1/4 cup of tzatziki chicken salad and garnish with dill.

\*CHEF NOTE: Or ask your butcher to portion your raw meats for you.

## NUTRITION FACTS PER SERVING

calories	180
total fat (g)	8
saturated fat (g)	1
trans fat (g)	0
sodium (mg)	220
total carbohydrate (g)	23
dietary fiber (g)	2
sugar (g)	8
protein (g)	3

 **RD APPROVED**



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