garlic lemon chicken gyro with asparagus

TOTAL TIME

60 minutes (Active Time - 20 minutes)

MAKES 4 SERVINGS

APRON'S ADVICE

Complete your meal with a fresh salad of baby greens and red wine vinaigrette with miniature pastries for dessert. The garlic-seasoned oil (from baking the chicken) adds delicious flavor to the asparagus.

SHOPPING LIST

Bakery
4 whole wheat (or regular) pita bread

Deli
8 oz hummus

Dry Grocery
1 tsp Greek seasoning
1/3 cup pitted kalamata olives

Meat
3 boneless, skinless chicken breasts (1 3/4 lb)

Produce
1 lb fresh asparagus spears
1/2 cup fresh garlic cloves
1-oz bag fresh thyme
1 lemon

From Your Pantry
aluminum foil
1/2 cup extra-virgin olive oil

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COOKING SEQUENCE

- Prepare chicken and begin to bake - 10 minutes
- Bake chicken - 40 minutes
- While chicken stands, cook asparagus; complete chicken and serve - 10 minutes

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INGREDIENTS

1 lb fresh asparagus spears
1 lemon
1/3 cup pitted kalamata olives
3 boneless, skinless chicken breasts (1 3/4 lb)
1/2 cup fresh garlic cloves
5–6 whole fresh thyme sprigs
1/2 cup extra-virgin olive oil
1 teaspoon Greek seasoning, divided
aluminum foil (optional)
8 oz Deli hummus
4 whole wheat (or regular) pita bread

PREP

- Preheat oven to 400°F.
- Cut asparagus into 2-inch pieces, removing tough root end.
- Cut lemon into very thin slices.
- Slice olives.

STEPS

1. Place chicken in 2-quart baking dish; add garlic and thyme sprigs around chicken. Pour oil over chicken; sprinkle with 1/2 teaspoon Greek seasoning. Arrange lemon slices on top of chicken and cover. Bake 30–40 minutes or until 165°F. Let stand 5 minutes before slicing.
2. Preheat large sauté pan on medium-high 2–3 minutes. Transfer 2 tablespoons garlic-seasoned oil (from chicken) to pan then add asparagus and remaining 1/2 teaspoon Greek seasoning; cook and stir 4–5 minutes or until tender.
3. Spread hummus over pita bread. Slice chicken and arrange over hummus. Sprinkle olives and roasted garlic cloves over chicken. Fold in half. Serve with asparagus.

CALORIES (per 1/4 recipe) 510kcal; FAT 20g; CHOL 110mg; SODIUM 860mg; CARB 36g; FIBER 9g; PROTEIN 50g; VIT A 15%; VIT C 60%; CALC 10%; IRON 25%

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