

Easy Chicken Souvlaki – Comfort du Jour

Several of the Greek-owned eateries in my city offered an authentic, mouthwatering specialty called souvlaki, a lemon and herb-seasoned marinated meat, grilled on skewers and served with any number of authentic sides. Depending on the time of day, your souvlaki might be served with seasoned rice or lemon-herb potatoes, or with Greek feta salad and pita. But *always* on the side with souvlaki is tzatziki, a Greek yogurt-based condiment with shredded cucumber, garlic and dill. Enjoy!

INGREDIENTS

1 1/2 pounds chicken tenders (or chunks of boneless, skinless breast)
1 whole organic lemon, juiced (plus the zest)
1 Tbsp. red wine vinegar
About 4 cloves garlic, finely minced
1/2 tsp. dried oregano
1 tsp. Kosher salt
1/2 tsp. freshly ground black pepper
About 1/3 cup extra virgin olive oil

INSTRUCTIONS

1. Pat the chicken tenders dry, but do not rinse them. Lightly sprinkle with kosher salt and toss to season.
2. In a large glass (or other non-reactive) bowl, combine lemon juice, zest, vinegar, garlic, oregano, salt and pepper. Take note of the volume this mixture has in the bowl. Whisk the marinade mixture while streaming in enough olive oil to roughly double the volume of the marinade.
3. Add the chicken tenders to the marinade and use tongs to thoroughly toss and coat them. As much as possible, press the tenders to be fully submerged in the marinade. Cover the bowl and refrigerate at least six hours.
4. When you are ready to cook the tenders, simply remove them from the marinade and place them directly onto the pre-heated grill. There is no need to rinse them or even to scrape the marinade from the tenders.

TZATZIKI

1 Persian cucumber (or 1/2 medium slicing cucumber), peeled, seeded and finely chopped or grated
A couple pinches of kosher salt
1 cup plain Greek yogurt (or substitute sour cream in a pinch)
2 cloves garlic, crushed and finely chopped
1 Tbsp. fresh dill leaves, finely chopped (or 1/2 tsp. dried dill)

Line a small custard cup with a paper towel. Add the chopped or grated cucumber and stir with salt. Wrap the paper towel over the cucumbers and allow this to sit in the fridge 30 minutes to release and absorb excess moisture.

Combine cucumbers with yogurt, garlic and dill. Add salt and pepper to taste. Cover and refrigerate until ready to serve.