

Pork Souvlaki with Pita and Tzatziki



Servings: 4

For the marinade

1/2 cup olive oil

1 small red onion, finely chopped

2 garlic cloves, minced

4 tablespoons fresh lemon juice

2 tablespoons red wine vinegar

2 teaspoons Greek oregano

Salt and Pepper

For the Tzatziki

2 cups Greek yogurt

1 English cucumber, peeled and grated

4 cloves garlic, minced

2 tablespoons lemon juice

2 tablespoons extra-virgin olive oil

For the pork:

1 1/2 lbs pork loin, trimmed of silver skin and excess fat, cut into 1-inch cubes

Other ingredients:

Pocketless Pitas

1 small tomato, chopped

Cook Time:

Mix all of the marinade ingredients together in a small bowl. Place pork cubes in a Ziploc bag and pour in the marinade. Seal the bag and toss to coat pork evenly with the marinade, then open the bag and reseal, removing as much air as possible. Place the pork in the refrigerator for at least two hours to overnight.

Mix all the tzatziki ingredients together in a bowl until well combined. Cover and place in the refrigerator for at least two hours to overnight.

Grill* the pork on skewers until they browned on all sides and cooked through, about 8 to 12 minutes, turning 4 times during cooking.

Remove the skewers to a plate and allow to rest for 5 minutes. While the pork rests, grill the pita until lightly browned on both sides, about 1 minute per side. Remove the pita from the grill and quarter. To serve, place pita slices on a plate, lay the souvlaki on top, and place a dollop of tzatziki on the side. Add chopped tomatoes on top.

The pork may be sauteed instead of grilled, and the pitas may be warmed in a pan on the stove.

Per Serving (excluding unknown items): 488 Calories; 40g Fat (72.3% calories from fat); 24g Protein; 11g Carbohydrate; 2g Dietary Fiber; 53mg Cholesterol; 49mg Sodium. Exchanges: 3 Lean Meat; 1 Vegetable; 0 Fruit; 7 Fat; 0 Other Carbohydrates.