

Chicken Gyro With Cucumber Sauce on Whole-Wheat Pita

MEAT, GRAINS						SANDWICHES
Ingredients	50 servings		100 servings		For ____ servings	Directions
	Weight	Measure	Weight	Measure		
MARINADE						<div>1. Combine marinade ingredients.</div> <div>2. Mix chicken with marinade and refrigerate overnight.</div> <div>3. Cut pita bread in half crosswise.</div> <div>4. Place 2 oz. (60 g) chicken inside each half of the pita.</div> <div>5. Place 15 filled pita halves flat side down in each 12" × 20" × 2 1/2" steam table pan. Cover with lid or foil to prevent drying.</div> <div>6. Bake in a conventional oven at 350 °F (177 °C) for 3-5 min., or bake in a convection oven at 325 °F (163 °C) for 3-5 min., or steam for 3-5 min.</div> <div>7. Serve each sandwich with diced or sliced tomatoes (1 oz., or 28g), tbsp. diced onions, and 2 tbsp. cucumber sauce.</div>
Cinnamon		1 1/2 tsp.		1 tbsp.		
Cayenne pepper		1/2 tsp.		1 tsp.		
Black pepper		1 1/2 tsp.		1 tbsp.		
Allspice, ground		1 1/2 tsp. (8 ml)		1 tbsp. (15 ml)		
Cloves, ground		1 1/2 tsp.		1 tbsp.		
Cardamom, ground		2 tbsp.		4 tbsp.		
Lemon juice		3/4 cup (178 ml)		1 1/2 cups (355 ml)		
Chicken meat, cooked (white and dark)	6 lb., 4 oz. (2.8 kg)		12 lb., 8 oz. (5.7 kg)			
Pita bread, whole wheat, 6 1/2 (2 oz., or 60 g)		25 each		50 each		
Tomatoes, sliced	3 lb., 2 oz. (1.4 kg)		6 lb., 4 oz. (2.8 kg)			
Onions, diced	1 1/2 lb., 2 oz. (740g)		3 lb., 2 oz. (1.4 kg)			
Cucumber sauce (recipe follows)	3 lb., 2 oz. (1.4 kg)		6 lb., 4 oz. (2.8 kg)			
CUCUMBER SAUCE						<div>1. Grate cucumbers using a food processor or grater. Place grated cucumbers in colander and press to remove juice.</div> <div>2. In a separate bowl, mix together the rest of the ingredients.</div> <div>3. Fold cucumbers into the mixture.</div> <div>4. Chill at least 2 hours before serving.</div>
Fresh cucumbers, peeled and seeded	1 1/2 lb., 2 oz. (740g)		3 lb., 4 oz. (1.5 kg)			
Onions, minced	2 oz. (60g)		4 oz. (125g)			
Low-fat mayonnaise	1/2 lb. (250g)		1 lb. (500g)			
White vinegar		1/8 cup, 1 tsp. (36 ml)		1/4 cup, 2 tsp. (73 ml)		
Low-fat plain yogurt	1 lb. (500g)		2 lb. (900g)			
Parsley flakes		1/8 cup (7.5g)		1/4 cup (15g)		
Salt		1/2 tsp.		1 tsp.		
White pepper		1/2 tsp.		1 tsp.		
Serving: One 1/2 pita pocket provides 2 oz. (60g) meat and 1 serving of grains			Yield: 50 servings: about 68 lb. (31 kg) 100 servings: about 136 lb. (62 kg)			

(continued)

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NUTRIENTS PER SERVING					
Calories	332	Saturated fat	2.8g	Iron	2.7 mg
Protein	36g	Cholesterol	102 mg	Calcium	49 mg
Carbohydrate	23g	Vitamin A	41 RE	Sodium	312 mg
Total fat	10.5g	Vitamin C	8 mg	Dietary fiber	3.24g