

COMPLETE PERFORMANCE:

Mexican-style Souvlaki

The combination of fresh veggies, avocados and sundried tomato tzatziki creates a fresh and delicious meal that can be served alone or wrapped up in whole wheat tortillas. It is a great post-training meal providing the much needed source of carbohydrate and protein for an adapting and recovering body, as well as healthy fats for keeping blood cholesterol in check, keeping immunity high, and reducing inflammation after a hard training session.



Serves: 1 large or 2 small Preparation Time: 10 min Cooking Time: 5 min.

Ingredients

- Boneless skinless chicken breast (170 g)
- Tomato (sliced) ½ cup
- Avocado (small cubed) ¼ cup
- Red onion (sliced) ¼ cup
- Yellow pepper (sliced) ¼ cup
- Cucumber (thin sliced) ¼ cup
- Low-fat cottage cheese 1/3 cup
- Sundried Tomato Tzatziki ¼ cup (standard tzatziki + add sundried tomato)
- Whole wheat tortillas 2

Instructions

1. Sauté chicken. Set aside.
2. Combine all ingredients in a mixing bowl. Place approximately
3. 1½ cups of the mixture across the bottom half of each tortilla.
4. Fold the bottom about ¼ of the way up. Fold over each of the
5. ends and then roll tightly from the bottom to the top. Serve and
6. enjoy or take to go. If you can't fit all the ingredients in the tortillas,
7. then serve the remaining mixture as a side salad

Nutritional Information

Per serving	Large	Small
Energy (KJ)	2478	1239
Fat (g)	15.9	8.0
Saturated (g)	1.9	0.9
Monounsaturated (g)	7.4	3.7
Polyunsaturated (g)	2.9	1.5
omega-3 (g)	0.6	0.3
omega-6 (g)	1.7	0.9
Carbohydrates (g)	52.5	26.3
Fiber (g)	10.4	5.2
Sugars (g)	7.1	3.5
Protein (g)	59.9	30.0

Variations and Options

You can substitute chicken with tinned tuna, smoked salmon, Stir-fry Beef or Garlic Sautéed Prawns for a new flavour and texture. Or for vegetarian, tofu or falafel.

For some veggie variety,

Substitute the veggies above with roasted pumpkin, sweet onion and tomato.