

\$5 Trader Joe's Mediterranean Chicken Pitas

Feeds: 8 people

Total Cost: ~\$35.29

Cost Per Serving: ~\$4.41

Cook Time: ~10 minutes

Skill Level: Beginner-friendly



Ingredients (Trader Joe's)

- 1 package **Pita Bread** – \$2.99
- 2 containers **Greek Salad** – \$3.49 each
- 1 container **Tzatziki Sauce** – \$3.99 each
- 2 containers **Garlic Spread** – \$3.69 each
- ~1.5 lbs **Boneless Chicken Thighs** – ~\$7.34
- 1 container **Roasted Red Pepper Hummus** – \$3.40

Optional Garnish

- Feta cheese (from Greek salad)



Chicken Seasoning (Simple All-Purpose Rub)

Mix or use a pre-made blend with:

- 2 Tbsp Garlic powder
- 2 Tbsp Onion powder
- 4 Tbsp Paprika
- 2 Tbsp Salt
- 2 Tbsp Black pepper
- 1 Tsp Cayenne pepper (can be eliminated if you don't want any spice)
- 4 Tbsp Brown sugar

- Season generously until the chicken is well coated but still visible.



Prep Steps

- 1. Preheat cooking surface**
Heat a Blackstone griddle or large skillet until very hot.
- 2. Prep the chicken**
 - Trim excess fat from chicken thighs.
 - Slice into thin, flat strips for quick cooking.
- 3. Season**
Coat chicken evenly with the seasoning rub.



Cooking the Chicken

1. Lightly oil the skillet or griddle
2. Place chicken on the hot griddle or skillet.
3. Cook **3–4 minutes** without moving to develop a good sear.
4. Flip and cook **2 more minutes** until fully cooked and nicely browned.
5. Remove and keep warm.
6. After cooling slightly Add 2-3 Large Spoon fulls of Tzatziki Sauce to coat chicken

Tip: Chicken thighs cook fast and stay juicy—don't overcook.



Prep the Salad

- Open Greek salad containers and lightly toss to evenly distribute vegetables, olives and feta.



Warm the Pitas

1. Place pitas directly on the warm griddle or skillet.
2. Heat until soft and steaming, flipping once.
3. Wrap in a clean towel to keep warm.

Assemble the Pitas (Assembly-Line Style)

1. **Open pita pocket carefully** (it will be hot).
2. **Spread garlic spread** inside the pita, coating all sides.
3. Add **Greek Salad**
4. Add a **layer of Chicken**
5. Spoon **tzatziki sauce** over the top.
6. Optional: Add more chicken and extra tzatziki.

Repeat for all pitas.

Bonus: Homemade Pita Chips

1. Crisp leftover pita on the hot griddle until golden and crispy.
2. Slice leftover pita into strips or triangles.
3. Serve with roasted red pepper hummus.

Final Result

- **8 hearty Mediterranean chicken pitas**
- Extra hummus, garlic spread, and tzatziki for dipping
- A filling, teen-approved meal for under \$5 per person

Serving Tips

- Fold pita like a gyro or eat open-faced.
- Serve with pita chips on the side.
- Perfect for families, study groups, game nights, or meal prep.

Trader Joe's really made this one easy.

If you have your own budget food hacks, drop them in the comments!