Greek Style Chicken with Yogurt Sauce

¾ cup plain fat-free yogurt

1/3 cup shredded peeled cucumber

2 teaspoons lemon juice

2 garlic cloves, minced

½ teaspoon salt

½ teaspoon black pepper

2 cups chopped romaine lettuce

1 tomato, cubed

2 scallions, sliced

1 teaspoon dried oregano

2 teaspoons olive oil

2 cups hot cooked rice

Combine yogurt, cucumber, lemon juice, half of the garlic, ¼ teaspoon of the salt, and ¼ teaspoon of the pepper in a small bowl.

Season the chicken with garlic, oregano, and remaining salt and pepper in a medium bowl.

Heat the oil in a large skillet over medium-high heat. Add the chicken and cook until browned and cooked through, about 4 minutes on each side. (Cut chicken first so it gets more seasoning and cooks faster).

Place ½ cup of the rice on each of 4 plates; top each serving with one-fourth of the lettuce and tomatoes, some chicken, and the yogurt.