

## **Greek Chicken Orzo Bake**

(Adapted from [Healthy Hearty Recipes](#))

16 ounces orzo, cooked and drained  
2 (14.5 ounces) cans diced tomatoes, drained  
12 ounces crumbled feta cheese, divided  
4–5 ounces spinach  
1 teaspoon dried oregano  
1 tablespoon lemon juice  
1/2 cup chicken broth  
3 tablespoons olive oil  
1–pound boneless, skinless chicken breasts, cut into 1-inch pieces  
3 teaspoons Greek seasoning (see notes for homemade option)  
1 zest from 1 lemon, about 1 tablespoon

Preheat oven to 350 degrees F. and lightly coat a large casserole dish with a cooking oil spray.

Add the orzo, diced tomatoes, 6 oz feta, spinach, oregano and lemon juice and stir to combine.

Pour the chicken broth into the orzo mixture.

In a bowl, mix the diced chicken with the Greek seasoning ingredients and oil until the chicken pieces are evenly coated.

Place the chicken over the orzo, do not stir. Cover the casserole dish and then bake for 1 hour.

Uncover, and sprinkle the lemon zest and remaining 6 oz of cheese over the top and bake for an additional 5 minutes, or until the chicken is cooked through and feta looks baked.

Garnish with your preference of fresh herbs, such as chopped parsley, basil, oregano or dill.

## **NOTES**

Greek seasoning for chicken:

1/2 teaspoon dried dill  
1/2 teaspoon basil  
1/2 teaspoon thyme  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
1/2 teaspoon dried parsley  
1/2 teaspoon salt