

Greek Chicken Bowls

Ingredients:

For the Greek Chicken:

2 boneless, skinless chicken breasts
1/4 cup olive oil
2 cloves garlic, minced
1 lemon, juiced
1 teaspoon dried oregano
1 tablespoon of Greek Seasoning
Salt and black pepper to taste

For the Greek Chicken Bowl:

Cooked quinoa or rice
Cherry tomatoes, halved
Cucumber, diced
Red onion, thinly sliced
Kalamata olives, pitted and sliced
Feta cheese, crumbled
Tzatziki Sauce (I used pre-made, my favorite is Esti)

Instructions:

1. Season the Chicken:

Pat the chicken dry. Rub with olive oil, dried oregano, salt, pepper, and greek seasonings. Place the chicken breasts on a baking sheet lined with parchment paper. Squeeze the juice of ½ over the chicken.

2. Bake the Chicken:

Preheat your oven to 425°F. Cook the chicken for 25 minutes or until the internal temperature reaches 165°F (74°C) and the chicken is cooked through. Let the chicken rest for a few minutes before slicing it.

3. Assemble the Greek Chicken Bowl:

Start with a base of cooked quinoa or rice in each bowl.

Top with slices of grilled chicken.

Add cherry tomatoes, cucumber, red onion, Kalamata olives, and crumbled feta cheese to the bowl.

Drizzle Tzatziki sauce over the ingredients.

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5. Enjoy:

Serve your Greek Chicken Bowls immediately, and drizzle more Tzatziki sauce or lemon juice as desired.

These Greek Chicken Bowls are packed with Mediterranean flavors, making for a satisfying and healthy meal. You can customize them with your favorite ingredients, such as roasted red peppers, hummus, or artichoke hearts, to suit your taste.