

REAL NUTRITION

Greek Chicken Bowls

INGREDIENTS

2 cups cooked quinoa
½ cup crumbled feta cheese

Chicken

2 boneless skinless chicken breasts - (or 3-4 chicken thighs)
2 tablespoons olive oil
1 tablespoon finely chopped fresh oregano
2 teaspoons finely chopped fresh basil
1 teaspoon garlic powder
salt and pepper to taste

Dressing

1 cup plain fat free Greek yogurt
1 cucumber - peeled and diced
½-1 teaspoon salt - or to taste
¼ teaspoon cracked black pepper - or to taste
juice of ½ lemon
¼ cup packed fresh dill
1 tablespoon finely chopped fresh oregano
½ teaspoon garlic powder

Chickpeas

2 15-oz cans chickpeas - drained, rinsed, and set aside
1 tablespoon olive oil
salt and pepper to taste
1 teaspoon dried Italian seasoning

Cucumber Salad

1 large cucumber - peeled and chopped
½ red onion - chopped
½ teaspoon garlic powder
2 teaspoons fresh lemon juice
2 teaspoons olive oil
salt and pepper to taste

Tomato Salad

1 cup cherry or grape tomatoes - halved
chopped fresh basil
salt and pepper to taste

DIRECTIONS

Preheat oven to 400 degrees. Toss together chickpeas, olive oil, salt and pepper, and dried Italian seasoning. Arrange in a single layer on a baking sheet and cook in preheated oven for 15 minutes.

Prepare the dressing combining all dressing ingredients in a food processor and blend until smooth. Cover and chill until ready to use. To prepare the chicken, stir together oil, oregano, basil, salt and pepper, and garlic powder. Brush on both sides of chicken. Grill over medium heat

5-8 minutes on each side or until cooked through. Allow to rest for a couple of minutes before dicing.

Stir together all cucumber salad ingredients in a bowl. In a second bowl stir together tomato salad ingredients.

Arrange bowls by placing quinoa on the bottom and topping with chicken, cucumber salad, tomato salad, roasted chickpeas, crumbled feta cheese, and drizzle with dressing. Serve immediately.