



# GREEK CHICKEN MEAL-PREP BOWLS

TOTAL TIME: 45 MIN. SERVES: 4

- (Greek Chicken)
- 2 lbs. boneless, skinless chicken breast
- 1/4 cup olive oil
- 3 tbsp. garlic, minced
- 1/3 cup fresh lemon juice
- 1/3 cup plain Greek yogurt
- 1 tbsp. dried oregano
- Cracked black pepper to taste
  
- (Cucumber Salad)
- 2 seedless cucumbers, peeled and sliced
- 1/3 cup lemon juice
- 2 tbsp. olive oil
- 1/2 tbsp. minced garlic
- 1/2 tbsp. dried oregano
  
- (Greek Sauce) + The Rest
- 1 cup plain Greek yogurt
- 1 seedless cucumber, finely diced
- 1 tbsp. minced garlic
- 1/2 tbsp. dill
- 1tbsp. lemon juice
- Pepper to taste
- 3 cups cooked rice
- 1 1/2 grape tomatoes, halved
- 1 medium red onion, sliced

Per serving: Calories: 250, Fat: 7g  
Carbs: 20g, Protein: 25g, Fiber: 7g,  
Sodium: 300 mg, Potassium: 330mg,  
Iron: 10%

- 1** In large bowl, combine olive oil, garlic, lemon juice, oregano, greek yogurt, salt and pepper. Dice chicken breasts and transfer into the bowl and mix, coating well with marinade. Cover and marinate in fridge at least 20 minutes.
- 2** Drain chicken from marinade. In a skillet, heat olive oil over med-high heat. Cook chicken, stirring occasionally, about 8 to 10 minutes. Remove from skillet and set aside.
- 3** Make cucumber salad by slicing the cucumbers, and tossing in a bowl with the lemon juice, olive oil, garlic, and oregano. Set aside.
- 4** For Greek sauce: combine Greek yogurt, diced cucumber, garlic, dill weed, lemon juice, lemon zest in a small bowl; season with salt and pepper. Refrigerate the cucumber salad and the sauce while making bowls. Divide cooked rice between bowls. Halve cherry tomatoes and divide among the containers with red onion slices. Top with chicken, cucumber salad, and 1 tbsp. Greek sauce. Keep up to 5 days in airtight container, serve cold.