

ENTREES

Super Simple Greek Chicken

Recipe makes 2 servings

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

INGREDIENTS

- 1 ½ tsp dried oregano
- 1 ½ tsp dried parsley
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp sea salt
- ½ tsp lemon pepper
- 3 tbsp olive oil, divided
- 1 tbsp lemon juice
- 4 thin chicken breasts
- 1 cup halved cherry tomatoes
- ¼ cup roughly chopped green or black olives

INSTRUCTIONS

1. In a small bowl, combine the oregano, parsley, garlic powder, onion powder, sea salt and lemon pepper with two tablespoons olive oil.
2. Place chicken in a large, resealable plastic bag. Pour mixture over the chicken.
3. Marinate in the refrigerator for 1 hour.
4. Preheat grill to medium-high heat.
5. Remove chicken from the bag and discard marinade.
6. Cook chicken breasts for 5 mins. Flip and grill for 2 more, or until the chicken registers 165 degrees with a meat thermometer.
7. Toss tomatoes and olives with remaining olive oil in a small bowl.
8. Spoon mixture over grilled chicken breasts.