

RECIPE | TOMATOES

# GREEK CHICKEN BOWL

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# GREEK CHICKEN BOWL

Recipe created by *Amber Bogardus*



**4hr 40min**

**4 hr**  
PREP.

**40 min**  
COOKING



**4**



**easy**

## INGREDIENTS

### Greek Chicken

#### For the chicken:

- 1 dry pint** Pure Flavor® Sangria® Medley Tomatoes, halved
- 2** chicken breasts, halved
- 2** cans of artichoke hearts, drained
- ¼ cup** kalamata olives, halved
- 2 tbsp** olive oil
- 2 tsp** dried oregano
- Salt and pepper, to taste

#### For the marinade:

- ½ cup** non-fat plain Greek yogurt
- 2 tbsp** olive oil
- 3** garlic cloves, minced
- 1 tbsp** dried oregano
- 2 tbsp** fresh dill, finely chopped
- 1** lemon, zested and juiced

#### For the Spanakorizo:

- 2 tbsp** olive oil
- 1** small onion, minced
- 3 tbsp** scallions, minced
- 4 tbsp** fresh dill, minced
- 6 oz** baby spinach
- 1 cup** basmati rice
- 2 ½ cups** vegetable broth
- 3 tbsp** butter, divided
- 2 tsp** salt
- 1 tsp** cracked pepper
- 1** lemon, zested
- juice of **½** a lemon
- feta cheese, optional

## DIRECTIONS

- 1** In a small bowl, combine the ingredients for the marinade and set aside. Season the chicken breast with salt and pepper then place in a plastic bag and add marinade, then place in the refrigerator for 4 hours.
- 2** Preheat the oven to 400°F, add the marinated chicken to a large, oiled sheet pan. Surround the chicken with artichokes, tomatoes, and olives. Drizzle the entire pan with olive oil and sprinkle with dried oregano, salt, and pepper. Bake the chicken at 400°F for 20 – 25 minutes.
- 3** Heat the olive oil in a heavy pot over medium heat until shiny. Add the onion and sauté until translucent then add the garlic, scallions, dill, and 1 tbsp of butter to the pot. Stir well for 1 minute, then add spinach and allow it to wilt. Add the basmati rice, broth, salt, and pepper then stir. Bring it to slow boil, reduce the heat to medium-low and simmer for 20 minutes. Add the remaining butter into the pot, close the lid, turn off the heat, and let it rest for 2 minutes letting the butter slightly melt. After 2 minutes, lift the lid, squeeze in the lemon juice, fluff the rice and serve immediately topping with more fresh herbs and feta cheese.