



PEEL
RESERVE
OLIVE OIL
REFERRAL
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RECIPE | TOMATOES

GREEK CHICKEN BOWL



 4 hr 40 min
 40 min PREP. COOKING
 4 easy

INGREDIENTS

Recipe created by Amber Bogardus

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

- 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.
- 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.
- 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.

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