Zucchini Bread Recipes

Greek Chicken Bowls – Healthy Meal Prep Delight

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Greek** Cuisine

Ingredients

Main Ingredients

- [ ] 1½ lbs chicken breast, cut into bite-size pieces
- [ ] 2 tbsp olive oil
- [ ] 1 tbsp lemon zest
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp dried oregano
- [ ] ½ tsp sea salt
- [ ] ¼ tsp black pepper
- [ ] 1 cucumber, diced
- [ ] 1 cup cherry tomatoes, halved
- [ ] ½ cup pitted kalamata olives, sliced
- [ ] ¼ cup crumbled feta cheese

For the Dressing

- [ ] ¾ cup plain Greek yogurt
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tbsp fresh lemon juice
- [ ] 1 clove garlic, minced
- [ ] 1 tbsp chopped fresh dill
- [ ] Salt and pepper to taste

For the Bowl

- [ ] 2 cups cooked quinoa or brown rice
- [ ] Fresh parsley for garnish

Instructions

1. In a bowl, whisk olive oil, lemon zest, lemon juice, oregano, salt, and pepper; add chicken pieces and toss to coat. Let it sit while you prep the veggies.

2. Heat a skillet over medium-high heat. Add the chicken and sear for 5-6 minutes, turning until golden and cooked through. Remove and let rest.

3. While the chicken rests, combine cucumber, tomatoes, olives, and feta in a large mixing bowl.

4 For the dressing, whisk Greek yogurt, olive oil, lemon juice, minced garlic, dill, salt, and pepper until smooth.

5 Divide quinoa (or rice) among four containers, top with the vegetable mixture, sliced chicken, and a generous drizzle of the yogurt dressing.

6 Garnish with fresh parsley and a sprinkle of extra feta. Serve immediately or refrigerate for up to four days.

Nutrition per serving

420 kcal	34 g	32 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a tangier dressing, add an extra splash of lemon juice.
- The bowl can be assembled ahead; keep dressing separate to maintain crispness.
- For extra crunch, add a handful of toasted pine nuts just before serving.