

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.