



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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(RE)FRESH HEALTHY RECIPE

Do you struggle to eat healthy lunches? Meal prep can be the solution! These Greek Chicken Bowls are tasty, filling AND healthy! Makes 6 servings.

GREEK CHICKEN BOWLS!

Greek Chicken

- 2 pounds boneless skinless chicken breasts
- 1/4 cup olive oil
- 3 Tbs garlic minced (Note, adjust to preference)
- 1/3 cup fresh lemon juice
- 1 Tbs red wine vinegar
- 1 Tbs dried oregano
- 1/3 cup plain Greek yogurt
- Kosher salt & freshly ground black pepper to taste

Cucumber Salad

- 2 English cucumbers peeled and sliced
- 1/3 cup lemon juice
- 2 Tbs olive oil
- 1 Tbs red wine vinegar
- 1/2 Tbs minced garlic
- 1/2 tsp dried oregano

Tzatziki Sauce

- 1 cup plain Greek yogurt
- 1 English cucumber finely diced
- 1 tsp - up to 1 Tbs minced garlic adjust to garlic preference
- 1/2 Tbs dill weed or 1 Tbs fresh dill, chopped fine
- 1 1/2 tsp fresh lemon juice
- 1 tsp lemon zest
- 1/2 tsp chopped fresh mint optional
- Salt and pepper to taste

The Rest

- 3 cups cooked brown rice
- 1 1/2 pounds cherry tomatoes halved
- 1/2 cup red onion slices

-In a large plastic zip bag, combine olive oil, garlic, lemon juice, red wine vinegar, oregano, Greek yogurts and salt and pepper. Massage to mix. Add chicken into the bag. Massage to make sure chicken is full covered and marinate for at least 20 minutes, up to 12 hours.

-Drain the chicken from the marinade, discarding the marinade.

-In a skillet, heat some olive oil over medium-high heat. Add chicken when it is hot, and cook, flipping part way through. Cook approximately 3-4 minutes per side. Cooking time depends on thickness and size of the chicken. Cook until internal temp is 165 degrees. Remove from pan, and let cool. Once cool, cut into bite sized pieces. Just make sure you let it cool, or all the juice will run out.

-Meanwhile, make cucumber salad by chunking the cucumbers, and tossing in a bowl with the lemon juice, olive oil, red wine vinegar, garlic, and oregano. Set aside.

-Make tzatziki sauce by combining the Greek yogurt, cucumber, garlic, dill weed, lemon juice, lemon zest in a small bowl; season with salt and pepper. And add mint (optional). Refrigerate while assembling your bowls.

-Cook brown rice according to package directions. When finished cooking, divide between meal prep containers, 1/2 cup in each container, halve cherry tomatoes, and mix with red onion slices. Divide amongst the bowls. Top with chicken, cucumber salad, and some tzatziki sauce. Keep for 3- 5 days in airtight container, serve cold!

Recipe source: www.eazypeazymealz.com/greek-chicken-bowls-meal-prep-easy/