

ONE-POT GREEK CHICKEN & RICE

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-basmati-rice-recipe>

Ingredients:

- 2 pounds chicken thighs bone-in, and skin removed
- 1 small onion finely chopped
- 1/3 cup olive oil
- 4 garlic cloves grated
- 1 1/4 cups basmati rice
- 1 1/2 cups chicken broth or water
- 1 1/2 teaspoons salt
- black pepper to taste
- 3 tablespoons lemon juice
- 2 roasted red peppers diced
- 5 olives pitted and sliced
- 1/4 cup freshly squeezed lemon juice
- 3 tablespoons olive oil
- 5 garlic cloves grated
- 2 tablespoons dried oregano
- salt
- black pepper
- 1 teaspoon cumin powder
- lemon slices optional
- chopped parsley optional

Nutrition:

1. Calories: 990 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 190 milligrams
4. Fat: 65 grams
5. Fiber: 4 grams

6. Protein: 46 grams
 7. SaturatedFat: 13 grams
 8. Sodium: 1340 milligrams
 9. Sugar: 1 grams
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