

Greek Chicken Bowls

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-runner-greek-chicken-bowls>

Ingredients:

- 1 pound boneless, skinless chicken breasts 2 large breasts
- 3 tablespoons olive oil
- 1 lemon
- 2 tablespoons lemon juice
- 2 cloves garlic minced
- 1 teaspoon dried oregano
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 dash crushed red pepper flakes
- 2 cups cauliflower rice cooked, regular rice, or quinoa
- 2 cups grape tomatoes halved
- 2 cups cucumber chopped
- 1 cup Kalamata olives pitted and sliced
- 1/2 red onion sliced
- 1 cup tzatziki sauce
- 1/2 cup crumbled feta cheese
- lemon wedges for serving
- pita chips optional
- fresh dill optional
- parsley optional

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 90 milligrams
4. Fat: 21 grams
5. Fiber: 7 grams
6. Protein: 30 grams
7. SaturatedFat: 6 grams

8. Sodium: 960 milligrams
 9. Sugar: 6 grams
-

Thank you for visiting our website. Hope you enjoy Greek Chicken Bowls above. You can see more 19 recipe runner greek chicken bowls They're simply irresistible! to get more great cooking ideas.