

Greek Chicken Rice Bowl

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-power-bowl-recipe>

Ingredients:

- 1/4 cup extra-virgin olive oil
- 1/4 cup fresh lemon juice juice of 1-2 lemons
- 1/2 tablespoon red wine vinegar
- 2 teaspoons minced garlic or garlic paste
- 1 1/2 tablespoons dried oregano
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 12 boneless, skinless chicken thighs can also use chicken breasts
- 2 cups seedless cucumbers chopped
- 4 Roma tomatoes chopped
- 1 cup Kalamata olives sliced
- 1 red onion medium, coarsely chopped
- 1 cup crumbled feta cheese optional but recommended
- hummus I highly recommend this roasted garlic version
- 2 white rice Minute Ready to Serve Family Bowls

Nutrition:

1. Calories: 670 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 240 milligrams
4. Fat: 35 grams
5. Fiber: 3 grams
6. Protein: 75 grams
7. SaturatedFat: 11 grams
8. Sodium: 1690 milligrams
9. Sugar: 6 grams

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