

# Greek Chicken Bowl

Yield: 4 min  
Total Time: 60 min

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

## Ingredients:

- 4 free range chicken breasts or thighs
- 1 cup marinade Italian, /fressing
- 2 cups tabbouleh quinoa
- 1/2 cup pickled onions
- 2 cups kale tossed in Italian dressing
- 15 ounces low sodium garbanzo beans
- 1/2 cup feta cheese crumbled
- 1/2 cup Kalamata olives
- fresh parsley optional
- mint optional
- 2 1/2 tablespoons red wine vinegar
- 1 1/2 tablespoons dried oregano
- 1 teaspoon dried basil
- 1 tablespoon fresh lemon juice plus more to taste
- 2 garlic cloves minced
- 1 1/2 tablespoons Kalamata olives minced, optional
- 2 tablespoons Parmesan cheese optional
- 1/4 teaspoon freshly ground black pepper plus more to taste
- 1 1/2 cups virgin olive oil good extra-
- 1 red onion thinly sliced
- 3/4 cup apple cider vinegar
- 1 teaspoon sea salt
- 2 tablespoons clover honey you can use granulated sugar if you prefer
- 1 bay leaf dried
- 6 peppercorns
- 16 ounces plain greek yogurt
- 2 cucumbers large, peeled, seeded, and grated
- 1 tablespoon virgin olive oil extra-
- 1/2 lemon juiced
- 1 tablespoon fresh dill chopped
- 1 tablespoon chopped fresh mint optional
- 1 clove garlic peeled and minced
- kosher salt
- freshly ground black pepper

## **Nutrition:**

1. Calories: 1500 calories
2. Carbohydrate: 85 grams
3. Cholesterol: 180 milligrams
4. Fat: 103 grams
5. Fiber: 18 grams
6. Protein: 66 grams
7. SaturatedFat: 20 grams
8. Sodium: 1570 milligrams
9. Sugar: 22 grams

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