



# Greek Chicken Grain Bowl

## INGREDIENTS (serving size: 4)

- ¾ pound boneless, skinless chicken breast
- 2/3 cup dry quinoa
- 1 ½ cups water
- 1 cup cherry tomatoes, slices
- 1 cup cucumber, diced
- 1 cup red onion, slices
- 1 cup low-sodium chickpeas, drained
- 16 black olives
- ½ cup plain, non-fat Greek yogurt

## MARINADE INGREDIENTS

- 1 tablespoon balsamic vinegar
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- 1 clove garlic, mined
- ¼ teaspoon oregano
- ¼ teaspoon black pepper
- ¼ teaspoon salt

NUTRITION INFORMATION: 410 Calories; 10 grams Fat; 1.5 grams Saturated Fat; 73 mg Cholesterol; 402 mg Sodium; 39 grams Carbohydrates; 7 grams Fiber; 38 grams Protein

## DIRECTIONS

1. To marinate the chicken, add balsamic vinegar, lemon juice, olive oil, garlic, oregano, black pepper and salt to a resealable gallon-sized bag. Slice the chicken breast into thin strips and place in bag. Seal bag while pressing excess air out. Rub marinade over chicken, then transfer bag to the refrigerator and marinate for 2 – 4 hours.
2. Fill a small saucepan with 1 ½ cups water and dry quinoa. Bring water and quinoa to a rapid boil over high heat. Reduce heat and cover. Simmer for 15 – 20 minutes or until all water is absorbed.
3. While quinoa cooks, heat non-stick pan to medium heat and add chicken strips to the pan. Cook for about 10 minutes. Turn strips over and cook for another 6 minutes or until chicken reaches a temperature of 165 degrees Fahrenheit.
4. Add ½ cup cooked quinoa to each of 4 single-serve bowls. Arrange ¼ of the chicken and ¼ cup each of tomatoes, cucumber, red onion, chickpeas and black olives in each bowl. Top bowls with 1/8 cup (about 2 tablespoons of Greek yogurt and serve.