



Mediterranean Chicken

Prep Time: 10 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

285 Calories

9.8 g fat

409 mg sodium



INGREDIENTS: **** Items not included in kit**

- 1.5 cups basmati rice, rinsed
- 1 TB butter or olive oil**
- 1/4 tsp salt**
- 4 Chicken Breasts
- 2 garlic cloves, peeled & minced
- Salt & Pepper, to taste**
- 1 tsp dried oregano
- 2 TB olive oil**
- 1 cup chicken broth, or optional 1/2 cup chicken broth & 1/2 cup dry white wine**
- 1 lemon, juiced
- 14.5 oz. can diced tomatoes
- 1 cup red onion, diced
- 1/3 cup green olives, chopped
- Fresh parsley, chopped
- 1/2 cup feta cheese

DIRECTIONS:

1. Pat **chicken breasts** dry and on both sides, rub with **minced garlic cloves, dried oregano** and season with **salt and pepper, to taste**.
2. In a large skillet, heat **2 TB olive oil** over medium high heat. Brown the chicken breast on both sides, about 3 minutes per side. Add **1/2 cup chicken broth** to the pan and let it reduce by half. Flip chicken over, then add the **remaining 1/2 cup chicken broth** or 1/2 cup dry white wine, the **juice of 1 lemon** and the can of **diced tomatoes**, stir to combine. Reduce heat to medium, cover with a lid. Cook for 3 minutes then turn chicken over and cook for an additional 3 minutes.
3. Uncover the skillet, top chicken with **diced red onions** and **chopped green olives**, cover, and cook 5 minutes longer or until chicken is done and has reached an internal temperature of 165 degrees.
4. Serve chicken over cooked rice and sprinkle with **chopped parsley** and **crumbled feta cheese** with green beans on the side.
5. **Rice:** In a medium saucepan, combine **2 1/4 cups water, basmati rice, 1 TB butter or olive oil**, and **1/4 tsp salt**. Bring to a boil, stir to combine, cover and reduce heat to a low simmer for 10 minutes, or until rice is tender. Remove from heat, let sit covered for 5 minutes, fluff with a fork before serving.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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