



Greek Bowl with Tzatziki Sauce

Serves 4

Ingredients:

- 1 Tbsp. extra-virgin olive oil
- 2 boneless skinless chicken breasts
- 1 tsp. oregano
- ½ tsp. black pepper
- sea salt
- 2 cup cooked quinoa or brown rice
- 1 cup halved cherry or grape tomatoes
- ½ cucumber, chopped
- 1 avocado, thinly sliced
- ½ cup kalamata olives, sliced
- ¾ cup crumbled feta

Tzatziki Sauce Ingredients:

- ½ English cucumber, peeled and finely diced
- 2 cups plain Greek yogurt
- 4 tsp. garlic, minced
- 1/3 cup dill, chopped
- 1½ Tbsp. fresh squeezed lemon juice
- ⅛ tsp. black pepper

Directions:

1. Press the cucumbers in paper towels to reduce the water. Then in a small mixing bowl combine all of the tzatziki sauce ingredients. Refrigerate for one hour and then serve with the prepared bowls.
2. In a large skillet over medium-high heat, heat the olive oil. Add chicken and season with dried oregano, pepper, and salt to taste. Cook the chicken about 8 minutes per side, until cooked through (at least 165° F). Set aside to let rest 5 minutes, then slice the chicken into thin slices.
3. To assemble bowls: Fill with quinoa or brown rice. Then arrange the tomatoes, cucumber, avocado, olives, feta, and sliced chicken on top.