

BAKED GREEK CHICKEN WITH SIDE SALAD

Preparation: **15** mins. | Cooking: **30** mins. | Servings: **6**

INGREDIENTS

6-7 handfuls of fresh spinach leaves
4 garlic cloves, peeled
2 to 3 large chicken breasts
2 lemons
1 red onion, cut into thick slices
1 pint cherry or grape tomatoes
1/2 cup hummus
1/3 cup pitted Kalamata olives
1 tbsp. olive oil
1 tbsp. balsamic vinegar
1 tsp. Greek seasoning (or 1/2 tsp. oregano, 1/2 tsp. salt)
1 tsp. paprika



INSTRUCTIONS

Preheat oven to 450 degrees. Zest one lemon. Place the zest in a large bowl, and add 1 tbsp. olive oil. Add the red onion slices and Kalamata olives, and toss to coat. Place the onions and olives in the bottom of a baking dish. Cut the chicken breasts into tenders. (Slice them parallel, then cut each half into 3 pieces.) Season the tenders with salt, pepper and Greek seasoning and then place them on top of the bed of onions and olives. Tuck the peeled garlic cloves under the chicken to keep them from burning. Spread the hummus evenly overtop the chicken breasts. Squeeze the juice out of the zested lemon overtop the chicken and onions. Sprinkle the paprika. Add the zested and squeezed lemon rinds to the pan. Bake uncovered for 15 minutes. Add the tomatoes to the perimeter of the pan and then drizzle balsamic vinegar overtop the tomatoes. Return to the oven for another 15-20 minutes or until the chicken is cooked through. Serve on a bed of spinach, and top with feta cheese and extra lemon wedges for squeezing.

Optional accompaniments: roasted red peppers, pepperoncini, pita bread with hummus, or cucumbers