

# Mediterranean Chicken Bowl

## Diabetes-Friendly Meal

### Ingredients (per recipe):

- 22 oz raw chicken breast
- 1 cup dry brown rice
- 2 cups raw halved & sliced zucchini
- 2 cups raw diced bell peppers
- 2 cups raw diced red onions
- 2 cups raw halved cherry tomatoes
- 4 tsp olive oil
- Juice of 1 lemon
- 4 tsp minced garlic
- 1/2 cup Greek yogurt
- 1/4 cup shredded cucumber
- 1 tsp dried dill
- 1/4 cup feta cheese
- Salt & pepper to taste
- **Notes: chicken could be subbed with tofu for vegetarian option**

### Ingredients (per serving):

- 4 oz raw chicken breast
- 1/2 cup dry brown rice
- 1/4 cups raw halved & sliced zucchini
- 1/4 cups raw diced bell peppers
- 1/4 cups raw diced red onions
- 1/4 cups raw halved cherry tomatoes
- 1 tsp olive oil
- Squeeze of lemon to taste
- 1 tsp minced garlic
- 2 Tbsp Greek yogurt
- 1 Tbsp shredded cucumber
- Dash of dried dill
- 1 Tbsp feta cheese
- Salt & pepper to taste
- **Notes: chicken could be subbed with tofu for vegetarian option**

### Instructions:

1. Rinse brown rice & cook in 2.5 cups water until water is gone & rice is tender.
2. Wash & chop zucchini, peppers, onion, & tomatoes, then sauté in 2 tsp olive oil, 1 tsp minced garlic, salt & pepper to taste.
3. Season chicken with 2 tsp olive oil, salt, pepper, 1 tsp minced garlic, & juice of 1/2 lemon, then bake at 400° F for 18-22 minutes, or until internal temperature reaches 165° F.
4. To make tzatziki: combine yogurt, shredded cucumber, 2 tsp minced garlic, dill, juice of 1/2 lemon, & salt & pepper to taste.
5. Assemble bowl: 4 oz cooked chicken, 1/2 cup cooked rice, 1 cup cooked veggies, ~ 1/3 cup tzatziki, & 1 Tbsp feta cheese.
6. Enjoy!