

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Greek-Style Chicken with Pickled Onions, Tomatoes, and Tzatziki

From Everyday Food Magazine – November 2011

1 medium red onion, thinly sliced
2 Tbsp red-wine vinegar
Coarse salt and ground pepper
3 boneless, skinless chicken breasts (1 ½ lbs total), cut into 1-inch pieces
2 tsp finely grated lemon zest, plus 4 tsp lemon juice (from 2 lemons)
2 tsp dried oregano
½ English cucumber, halved crosswise and thinly sliced
2/3 cup plain Greek yogurt
¼ chopped fresh parsley leaves
4 tsp extra-virgin olive oil
1 pint grape or cherry tomatoes, halved (2 cups)
Cooked brown rice or whole grain pitas*, for serving (optional)

1. In a medium bowl, combine onion and vinegar; season with salt and pepper. In another medium bowl, combine chicken, lemon zest, and oregano; season with salt and pepper.
2. In a third bowl, make tzatziki: Combine cucumber, yogurt, parsley, and lemon juice; season with salt and pepper.
3. In a large nonstick skillet, heat oil over medium-high. Add chicken and cook until golden brown and cooked through, about 10 minutes. Add the tomatoes to the pickled onions (or keep them separate) and serve with chicken, tzatziki, and rice or pitas, if desired.

*I served this with my favorite whole grain pitas from Whole Foods.