



Greek Chicken Bowls

Recipe By KELLI SMITH and ERIN BARNETT

SERVES: 2-4

INGREDIENTS:

- ☐ 4 chicken breasts
- ☐ ½ cup olive oil (divided)
- ☐ 2 tbsp. honey
- ☐ 2 tbsp. lemon juice (divided)
- ☐ 1 tsp. garlic powder
- ☐ 1 tsp. dried oregano
- ☐ 1 tsp. dried basil
- ☐ 1 tsp. salt
- ☐ 1 tsp. black pepper
- ☐ 1 tsp. red pepper flakes
- ☐ 1 cup sliced cucumber
- ☐ 1 cup cherry tomatoes, halved
- ☐ ½ cup crumbled feta cheese
- ☐ ½ cup sliced red onion
- ☐ 3 cups of cooked white rice
- ☐ 1 cup of spring mix lettuce

DIRECTIONS:

- ☐ 1. Whisk together chicken marinade: 2 tbsp. olive oil, 1 tbsp. lemon juice, honey, oregano, basil, garlic powder, red pepper flakes, salt and pepper.
- ☐ 2. Let chicken marinate for 30 minutes.
- ☐ 3. Meanwhile, prepare rice and chop vegetables, set those aside.
- ☐ 4. Cook chicken in the air fryer at 375F° for 15 minutes.
- ☐ 5. While chicken is cooking, build your bowls, starting with a layer of lettuce.
- ☐ 6. Add rice, cucumbers, tomatoes, and onions to your bowl
- ☐ 7. Add chicken breast.
- ☐ 8. Drizzle remaining olive oil and lemon juice over the top.

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