



Sheet-Pan Greek Chicken



1/2 of recipe (about 2 cups): 285 calories, 10.5g total fat (2.5g sat. fat), 757mg sodium, 18g carbs, 4.5g fiber, 9g sugars, 30g protein

[Click for WW Points® value*](#)

WW Points® value 4*

Prep: 10 minutes **Cook:** 20 minutes

More: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#), [Gluten-Free](#)

Ingredients

- 1/4 cup light Italian dressing
- 2 tsp. lemon juice
- 1/2 tsp. garlic powder, divided
- 1/2 tsp. onion powder, divided
- 1/4 tsp. dried oregano
- 8 oz. raw boneless skinless chicken breast, cut into bite-sized pieces
- 1 dash salt
- 1 dash black pepper
- 2 cups trimmed green beans, cut into bite-sized pieces
- 1 cup seeded and chopped tomato
- 1/3 cup chopped red onion
- 2 tbsp. sliced black or kalamata olives
- 3 tbsp. crumbled feta cheese

Directions

Preheat oven to 400°F. Spray a baking sheet with nonstick spray.

In a small bowl, mix dressing, lemon juice, 1/4 tsp. garlic powder, 1/4 tsp. onion powder, and oregano.

Place chicken on the sheet, and season with salt and pepper. Add green beans, tomato, and onion, and drizzle with dressing mixture. Sprinkle with remaining 1/4 tsp. each garlic powder and onion powder.

Bake for 10 minutes.

Flip/rearrange chicken and veggies, and top with olives. Bake until chicken is cooked through and veggies have softened and lightly browned, about 10 more minutes.

Serve topped with feta.

MAKES 2 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies. *The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

