



## 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

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

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### 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**

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