

Greek Chicken with Tomatoes, Peppers, Olives, Feta

Lemon, mint, and a garnish of crumbled feta cheese bring the flavors of Greece to this easy chicken dish. If fresh Roma tomatoes aren't available, canned tomatoes will provide the same cancer-fighting nutrients and vivid color.

To make Greek seasoning salt, combine:

- 2 teaspoons of garlic salt
- 2 teaspoons of lemon pepper
- 2 teaspoons of oregano
- 2 teaspoons of dried mint

Ingredients:

- 4 boneless, skinless chicken breast halves, cut into bite-sized pieces
- 1/4 cup flour
- 8 teaspoons Greek seasoning salt, divided
- 1 teaspoon olive oil
- 1 large onion, sliced lengthwise
- 1 green pepper, cored, seeded, and sliced lengthwise into strips
- 3 Roma tomatoes, cut into eighths
- 3 tablespoons Kalamata olives, chopped
- 3 tablespoons feta cheese, crumbled



Directions:

Dredge chicken in flour mixed with 4 teaspoons of Greek seasoning. Heat oil in a large skillet over medium heat and add chicken, sautéing for 3 to 4 minutes until cooked through. Remove chicken from pan and set aside.

Add onion to skillet and saute until tender, about 2 minutes. Add bell pepper and cook another 2 minutes. Return chicken to skillet and cook 1 to 2 minutes, sprinkling with remaining Greek seasoning. Mix in tomatoes.

Remove from heat, transfer to serving dish, and sprinkle with olives and feta cheese.

Serves 8. Approximate per serving: 210 calories; 9.5 grams of fat

Serve with Suggestion:

Rice with Orzo and Mint

Orzo is a tiny, rice-shaped pasta that works well with the nutty flavor of the brown rice in this recipe. Enjoy ½ cup of this flavorful side dish (cooked), and you'll need only two more servings of whole grain foods to meet ACS healthy eating guidelines.

Refined grains, such as white rice, lose much of their vitamins, minerals, and all of their fiber in processing.

Ingredients:

- 1/2 cup orzo
- 1 teaspoon olive oil
- 3 cups fat-free chicken broth
- 1-1/3 cups uncooked brown rice
- 1/2 teaspoon garlic salt
- 3 tablespoons fresh mint



Directions:

In a medium saucepan on medium-high heat, brown orzo in olive oil, stirring constantly. Pour in chicken broth and bring to boil.

Add rice and garlic salt and return to boil. Reduce heat and simmer 45 minutes.

Remove from heat and stir in fresh mint.

Serves 8. Approximate per serving: 149 calories; 2 grams of fat.

www.cancer.org/docroot/subsite/greatamericans/content/Greek_Chicken_with_Tomatoes.asp

www.cancer.org/docroot/subsite/greatamericans/content/Rice_with_Orzo.asp

These recipes and many more come from the ACS book, Celebrate! Healthy Entertaining for Any Occasion—available by calling 1-800-ACS-2345.