Greek-style chicken with lemon-pistachio rice

This dish has an intoxicating savory lemon aroma.
Mediterranean-inspired flavors and ingredients taste
like health in every bite.[1]

MAKES 4 SERVINGS | PREP: 10 MIN | COOK: 1 HOUR

INGREDIENTS

- ○ 1½ cups fat-free, low-sodium chicken broth
- ○ 1 cup uncooked, instant brown rice
- ○ 10 oz frozen, chopped spinach (thawed, squeezed dry)
- ○ 2 large tomatoes (chopped)
- ○ 2 tsp lemon zest
- ○ 2 Tbsp + 2 tsp fresh lemon juice, divided
- ○ 4 Tbsp chopped, roasted (shelled) pistachio nuts, divided
- ○ ½ tsp ground cinnamon

- ○ 1 Tbsp finely chopped, fresh oregano or 1 tsp dried oregano (crumbled)
- ○ 1 Tbsp snipped, fresh dill weed or 1 tsp dried dill weed (crumbled)
- ○ ¼ tsp pepper
- ○ 4 boneless, skinless chicken breast halves (about 4 ounces each), all visible fat discarded
- ○ 8 oz fat-free or low-fat, plain yogurt
- ○ Fresh oregano, dill weed and lemon zest for garnish, optional

PREPARATION

Preheat the oven to 375° F.

In an 8-inch glass or metal baking dish, stir together:

- Broth
- Rice
- Spinach
- Tomatoes
- Lemon zest
- Pepper

- 2 Tbsp lemon juice
- 2 Tbsp pistachios
- Oregano
- Dill weed
- Cinnamon

Add the chicken breasts. Spoon a small amount of the rice mixture over them. Cover with aluminum foil. Bake for 50 to 60 minutes or until the chicken is no longer pink in the center and the rice is tender. Meanwhile, stir together the yogurt and 2 tsp lemon juice. To serve, spoon the yogurt mixture over the chicken, rice and vegetables. Sprinkle with the remaining pistachios. Garnish with oregano, dill weed and lemon zest.

NUTRITION

Serving size: approx 3 oz chicken and 1 cup rice and vegetables.

Calories: 308 | total fat: 7 g | saturated fat: 2 g | sodium: 475 mg | cholesterol: 78 mg
total carbs: 29 g | fiber: 6 g | sugars: 5 g | protein: 35 g | potassium: 1043 mg

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[1]https://recipes.heart.org/en/recipes/greek-style-chicken-with-lemon-pistachio-rice---delicious-decisions

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