Greek-Style Chicken with Lemon-Pistachio Rice

Servings: 4
Serving Size: 1 chicken breast filet & 1 cup of rice mixture

Ingredients
1 1/2 cups fat free, reduced sodium chicken broth
1 cup (quick cooking brown rice) chicken infused rice
10 ounces chopped frozen spinach, thawed and squeezed dry
2 large tomatoes, chopped
2 teaspoons fresh lemon zest
2 tablespoons fresh lemon juice
2 tablespoons pistachio nuts, dry roasted, unsalted, chopped
1 tablespoon oregano leaves, finely chopped fresh or dried
1 tablespoon dill, fresh or dried
½ teaspoon ground cinnamon
¼ teaspoon black pepper
4 boneless skinless chicken breast halves (about 4 oz. each)
8 ounces plain nonfat yogurt
2 teaspoons lemon juice

Garnish with oregano, dill and lemon zest. (Optional)

Directions
Preheat oven to 375 degrees F.

In a baking dish, mix the broth, rice, spinach, tomatoes, lemon zest, lemon juice, 1 cup pistachio nuts, oregano, dill, cinnamon and pepper; push to the side of the dish.

Add the chicken breast to the pan and spoon a small amount of rice mixture over them.

Cover with foil and bake until rice is tender and chicken is thoroughly cooked, approximately 50-60 minutes.

Right before serving, mix 1 cup lemon juice into the yogurt and serve over chicken, rice and vegetables.

Sprinkle evenly with remaining ½ cup pistachios.

Garnish with oregano, dill weed and lemon zest. (optional)

Nutrition
Calories 359
Fat 7.1 g
Saturated fat 1 g
Cholesterol 67 mg
Sodium 445 mg
Protein 42 g

Original recipe from American Heart Association’s One Dish Meals. Adapted by Raji Gowrishankar.