

# Mediterranean Garlic Chicken

by: Kim Larson, registered dietitian nutritionist

## PREP TIME

20 minutes  
+ 6 hours for  
marinating

## BAKE TIME

25 minutes

## SERVES

4



Watch Kim Larson make this recipe at [homefoodsafety.org/video](https://homefoodsafety.org/video)

## INGREDIENTS

### Chicken and Vegetables

- 4 medium boneless, skinless chicken breasts
- 3 peppers (one yellow, one orange, one red)
- 1 large onion
- ½ teaspoon dried marjoram
- Feta cheese
- Fresh parsley
- 1/3 cup pitted Kalamata olives, drained
- 2 tablespoons olive oil
- 1 tablespoon lemon juice

### Marinade

- 2-3 lemons, juiced
- 3 tablespoons olive oil
- 3 garlic cloves, minced
- 1 teaspoon dried marjoram
- 1/8th teaspoon crushed red pepper flakes

## DIRECTIONS

1. Combine ¼ cup lemon juice, 3 Tbsp. olive oil, 1 tsp. marjoram, 1/8 tsp. crushed red pepper and minced garlic in a bowl. Whisk for one minute.
2. Pound chicken breasts to an even thickness between two sheets of wax paper.
3. Place chicken breasts in a plastic bag or sealable container and pour the marinade over the chicken. Let chicken marinate for at least 6 hours in the refrigerator. Never marinate on the counter.
4. Wash and slice the peppers and onions into half inch strips. Keep separate from raw chicken.
5. Add olive oil to a large sauté pan. Pour in cut onions and peppers.
6. Sprinkle with ½ tsp. marjoram. Sauté on medium heat until onions caramelize and peppers brown slightly, stirring often. Set aside.
7. Add olive oil to sauté pan. Brown marinated chicken.
8. Spread onion and pepper mixture onto a large, lightly greased roasting pan. Top mixture with 1/3 cup Kalamata olives, drained.
9. Place each chicken breast on top of pepper & onion mixture in the roasting pan, leaving space between each breast.
10. Drizzle contents of the entire pan with 1 Tbsp. olive oil and 1 Tbsp. fresh lemon juice.
11. Place pan into a preheated, 400°F oven covered tightly with foil and bake for 25 minutes.
12. Use a food thermometer to make sure chicken is 165°F.
13. Remove and sprinkle with feta cheese and chopped fresh parsley before serving. Serve over whole wheat pasta, brown rice or whole wheat couscous.

“This nutrient-packed dish makes its own deep and flavorful sauce while baking in the oven. It’s perfect for serving over whole wheat pasta, brown rice or whole wheat couscous for a delicious and satisfying meal.”

– Kim Larson,  
registered dietitian nutritionist