

DINNERLY



Low-Cal Greek Chicken & Veggie Bake with Feta Cheese



40-50min



2 Servings

You'll be happy to get your daily dose of veggies when you're doing it as the Greeks do. We're talking potatoes, tomatoes, zucchini, AND onions—basically a rainbow all in one baking dish. Top them off with creamy feta cheese and chicken marinated in garlic and oregano, throw it into the oven (but don't literally throw it please), and you've got a meal that's as wholesome as it is delicious. We've got you covered!

WHAT WE SEND

- 1 Yukon gold potato
- 14½ oz can whole peeled tomatoes
- 1 zucchini
- 1 yellow onion
- ¼ oz dried oregano
- ½ lb pkg chicken breast strips
- 2 oz feta¹

WHAT YOU NEED

- kosher salt & ground pepper to taste
- garlic
- olive oil
- red wine vinegar (or vinegar of your choice)

TOOLS

- microwave
- medium (7x10-inch) baking dish
- microplane or grater

ALLERGENS

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 550kcal, Fat 31g, Carbs 43g, Protein 37g



1. Microwave potato

Preheat oven to 450°F with a rack in the upper third.

Scrub **potato**; prick all over with a fork. Place on a microwave-safe plate and microwave on high for 3 minutes. Flip and continue to microwave until soft and can be easily pierced to the center with a knife, 2–3 minutes more. Set aside to cool.



2. Prep veggies

Coarsely chop **tomatoes** directly in can with kitchen shears; season with 1 **teaspoon salt** and ½ **teaspoon pepper**.

Finely chop 1 **tablespoon garlic**. Scrub **zucchini**; cut into ¼-inch thick rounds. Halve **onion** and thinly slice.

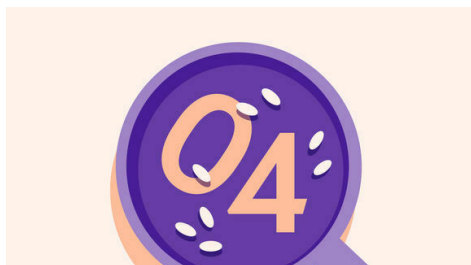
Once cool enough to handle, slice **potato** into ¼-inch thick rounds.



3. Assemble veggies

Spread **half of the tomatoes** on the bottom of a 7x10-inch baking dish. Layer **potatoes** on top; season with **salt** and **pepper**.

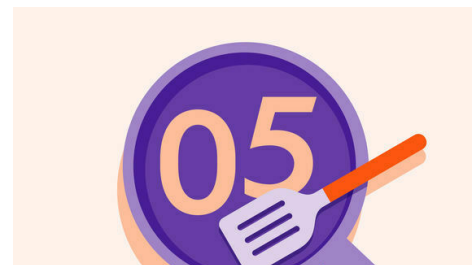
In a large bowl, toss together **zucchini, onion, chopped garlic, 1 teaspoon oregano, and ¼ cup oil**; season with **salt** and **pepper**. Shingle veggies over potatoes; pour any **remaining oil** in bowl over top. Spread **remaining tomatoes** over top.



4. Bake & marinate chicken

Bake on upper oven rack until **veggies** are soft and **zucchini** is just starting to brown, 25–30 minutes.

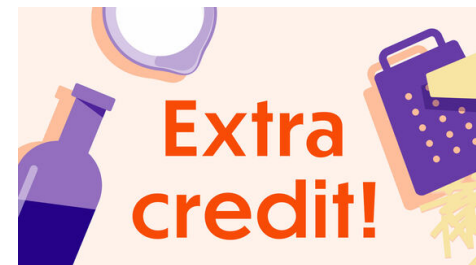
Meanwhile, finely grate 1 **small garlic clove** into a medium bowl. Add **chicken, ½ teaspoon oregano, 1 teaspoon each of vinegar and oil, and a pinch each of salt and pepper**. Set aside to marinate.



5. Broil & serve

Once **veggies** are cooked, turn oven to broil. Nestle **chicken** in an even layer over same baking dish; crumble **feta** into ¼-inch pieces and scatter over top. Broil on upper oven rack until chicken is lightly browned and cooked through, 4–5 minutes.

Let **Greek chicken and vegetable bake** cool for 5 minutes before serving. Enjoy!



6. Greek it up!

Throw in some kalamata olives, drizzle on tzatziki sauce, or just give your bake a squeeze of lemon before serving.