

Mediterranean Chicken

(a work in progress)

Bradley K. Harris

Combine in a large bowl:

- 1-2 cups cherry tomatoes
- 1 can chopped artichoke hearts, drained and rinsed
- 1 cucumber, chopped
- 1/2 – 1 cup Kalamata olives, sliced and pitted
- 1/2 cup diced onion?
- Fresh squeezed lemon juice (1 lemon)
- Pepper, parsley, and garlic powder to taste

Combine in a medium bowl (for marinating):

- 1-2 TBSP olive oil
- Juice from 2 lemons
- 1/2 tsp dried oregano
- 1/2 tsp dried parsley
- 1/2 tsp pepper
- 1/2 tsp salt
- 1/4 tsp garlic powder

Cut uncooked chicken into strips (optional). Marinade in medium bowl for 20-30 minutes.

Grill chicken until done (about 8 minutes for me). I brush on the marinade when I flip the chicken halfway through. Cut into bite-sized pieces.

Serve chicken and mixture over orzo and (romaine) salad mix with:

- Crumbled feta and/or Parmesan
- Capers (optional)
- Vinaigrette dressing of choice

Pita chips and hummus/tzatziki dip on the side.