

## 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  
1/2 teaspoon ground cinnamon  
1/4 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 1/2 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	42g

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