

Baked Greek Chicken

2 lbs. chicken breast, flattened with a meat hammer.

For Chicken:

1 Tsp. extra virgin olive oil (light flavor)
Cavender's All Purpose Greek Seasoning

For tzatziki sauce:

1 cucumber
1 cup plain Greek Yogurt
2 Tbsp. lemon juice
2 Tbsp. extra virgin olive oil (robust flavor)
2 tsp. dill weed
1/2 tsp. each garlic powder, salt and pepper

For Chicken:

Use a meat hammer to flatten the chicken breasts. I would recommend trying to flatten them until they are at most 1-inch at the thickest part. Next, coat the chicken in a small amount of olive oil and cover with the Cavender's seasoning on both sides.

For tzatziki sauce:

Peel cucumber and slice in half lengthwise. Scrape out seeds and discard. (I recommend using a small spoon). Finely dice cucumber and place in a medium bowl. Add remaining tzatziki ingredients and mix until fully combined. Cover and refrigerate for at least 20 minutes or overnight.

When ready to bake, preheat the oven to 425F (220C) for standard ovens. Line a baking sheet with foil and place in the oven for 16-20 minutes until the internal temperature reaches 165F.

Pro Tip:

This meal is even better with some sides. I would recommend cutting up a red bell pepper into stripes and sautéing it in a pan while the chicken cooks. Additionally, I like to make about a cup or so of Jasmine Rice and serve with cherry tomatoes and sliced red onion. Don't forget to serve with Naan or Pita bread and top with the ingredients to make your own gyros (although Naan bread taste better, in my opinion). Finally, if you want to get fancy, serve with some chopped parsley.