

Oven-Roasted Greek Chicken Breasts

Enjoy these Mediterranean inspired meaty chicken breasts marinated in an herb and garlic yogurt sauce then slow roasted to juicy perfection!



Prep Time	Cook Time	Marinating	Total Time
10 mins	1 hr	4 hrs	5 hrs 10 mins

Course: Main Cuisine: Mediterranean Servings: 4 Servings Calories: 468kcal
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Ingredients

For the marinade:

- ½ cup plain Greek yogurt
- ¼ cup extra-virgin olive oil
- ¼ cup fresh lemon juice
- zest of 1 lemon
- 1 tablespoon white balsamic vinegar
- 2 tablespoons fresh oregano leaves chopped (or 2 teaspoons dried)
- 1 tablespoons fresh thyme leaves or 1 teaspoons dried
- 6 medium garlic cloves minced
- 1 teaspoon Kosher salt
- ½ teaspoon black pepper
- ¼ teaspoon red pepper flakes

For the chicken:

- 4 bone-in skin-on chicken breasts

Note from Susan: I save the sauce and add wine and cook on the stove top and put over spaghetti squash or pasta.

Instructions

1. Combine all the marinade ingredients in a large ziplock bag. Loosen the skin on top of the breasts by poking a finger under between the skin and breast making a small opening. Don't detach it completely. Spoon a little marinade into the pocket and smash it around to distribute. Place the chicken breasts in the bag with the remaining marinade, turning to coat. Marinate for 4-24 hours. Turn the bag a few times while marinating.
2. When ready to roast, remove the bag of chicken from the refrigerator and let it rest at room temperature for 30 minutes. Meanwhile, preheat oven to 375°F. Place chicken breasts skin-side up in a roasting pan or large oven-proof skillet.
3. Reserve marinade to baste chicken halfway through roasting if desired..
4. Roast the breasts (uncovered) until they register 160°F, about 50-60 minutes depending on the size of the pieces. Baste with additional marinade halfway through roasting if desired. Remove the pan from the oven and spoon the pan juices over the top of the chicken. Serve and enjoy!

Notes

This marinade works great for grilled boneless, skinless chicken and skewers too.
If you use bone-in thighs or legs, adjust roasting time to allow for smaller pieces.

Nutrition

Calories: 468kcal | Carbohydrates: 6g | Protein: 41g | Fat: 31g | Saturated Fat: 7g | Trans Fat: 1g | Cholesterol: 117mg | Sodium: 709mg | Potassium: 519mg | Fiber: 2g | Sugar: 2g | Vitamin A: 316IU | Vitamin C: 10mg | Calcium: 107mg | Iron: 3mg