

Mediterranean Chicken & Chickpea Skillet

Ingredients

- 1 lb chicken thighs or breast, cubed
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 small red onion, chopped
- 1 red bell pepper, chopped
- 1 zucchini, chopped
- 1 can (15 oz) chickpeas, drained and rinsed
- can (14.5 oz) diced tomatoes
- 1 tsp dried oregano
- 1 tsp paprika
- Salt and pepper to taste
- 1/4 cup crumbled feta cheese (optional)
- 2 tbsp chopped parsley (for garnish)
- Optional side: whole grain couscous or quinoa

Directions:

1. Heat olive oil in a large skillet over medium heat.
2. Add chicken, season with salt, pepper, paprika, and oregano. Cook until browned (about 5-7 mins).
3. Add onion, garlic, bell pepper, and zucchini. Cook until soft (about 5 mins).
4. Stir in chickpeas and diced tomatoes. Simmer for 10 minutes.
5. Top with feta and parsley just before serving.
6. Serve on its own or over a small scoop of quinoa or couscous.



Macronutrients:

Per Serving (serves 4): ~400 kcal | 35g protein | 20g carbs | 18g fat | 7g fiber

