

ARTS FOR ALL

Virtual Y Arts: Culinary Arts
YMCA OF PIERCE AND KITSAP COUNTIES



Delicious and Nutritious Meals: Greek Chicken Power Bowls

Time: 30 minutes
Prep Time: 15 minutes
Cook Time: 15 minutes

Recipe by Crème De La Crumb

Supplies/ Materials:

- Chef's knife
- Cutting board
- Spatula or large mixing spoon
- Large skillet
- Measuring spoons
- Measuring cups
- Can opener
- Stove top or standalone burner



Ingredients

- 2 cups cooked quinoa
- ½ cup crumbled feta cheese

DRESSING

- 1 cup plain fat free Greek yogurt
- 1 cucumber, peeled and diced
- ½-1 tsp salt or to taste
- ¼ tsp cracked black pepper or to taste
- Juice of 1/2 lemon
- ¼ cup packed fresh dill
- 1 Tbsp fresh oregano, finely chopped
- ½ tsp garlic powder

CHICKEN

- 2 boneless skinless chicken breasts (or 3-4 chicken thighs)
- 2 Tbsp olive oil
- 1 Tbsp finely chopped fresh oregano
- 2 tsp finely chopped fresh basil
- 1 tsp garlic powder
- Salt and pepper, to taste

CUCUMBER SALAD

- 1 large cucumber, peeled and chopped
- ½ red onion, chopped
- ½ tsp garlic powder
- 2 tsp fresh lemon juice
- 2 tsp olive oil
- Salt and pepper, to taste

TOMATO SALAD

- 1 cup cherry or grape tomatoes, halved
- chopped fresh basil
- Salt and pepper, to taste

CHICKPEAS

- 2 15-ounce cans chickpeas, drained, rinsed, and set aside
- 1 Tbsp olive oil
- Salt and pepper, to taste
- 1 tsp dried Italian seasoning

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Preparation

Activity	Instructions
Kitchen Safety	Wash hands with soap and warm water for 20 seconds. Dry hands and begin meal preparation.
Time for "Mise En Place" (a French term that means "to put everything into place")	Collect all cooking utensils/ingredients and arrange for optimal use. Rinse and dice veggies, set aside. Cook quinoa and let cool. Preheat oven to 400 degrees. Toss together chickpeas, olive oil, salt and pepper, and dried Italian seasoning. Arrange in a single layer on a baking sheet and cook in preheated oven for 15 minutes.
Prepare dressing	Combine all dressing ingredients in a food processor and blend until smooth. Cover and chill until ready to use.
Prepare Greek chicken	To prepare the chicken, stir together oil, oregano, basil, salt and pepper, and garlic powder. Brush on both sides of chicken. Grill or pan fry over medium heat 5-8 minutes on each side or until cooked through. Allow to rest for a couple of minutes before dicing.
Assemble power bowls	Stir together all cucumber salad ingredients in a bowl. In a second bowl stir together tomato salad ingredients. Arrange bowls by placing quinoa on the bottom and topping with chicken, cucumber salad, tomato salad, roasted chickpeas, crumbled feta cheese, and drizzle with dressing. Serve immediately.