



Chicken Souvlaki

INGREDIENTS

¼ cup olive oil	Juice of 1 lemon
1 teaspoon onion powder	1 teaspoon dried oregano
½ teaspoon garlic powder	a pinch of salt and pepper
4 boneless chicken breasts; approximately 4 oz each; cubed	
1 pint of cherry tomatoes; halved	1 small red onion; chopped
¼ cup Kalamata olives; halved	1-2 cups Arugula (for plating)

DIRECTIONS

Put a baking sheet in the oven and preheat to 400 degrees F. In a large bowl, whisk the oil, lemon, onion powder, oregano, garlic powder, salt and pepper. Add chicken cubes, tomatoes, onion and olives. Toss to coat. Remove the hot baking sheet from the oven and evenly spread the chicken mixture onto it. Bake for 10-15 minutes, until the chicken is cooked through. Serve with Tzatziki for a flavorful combination. Makes 5 servings; 300 calories each (not including the Tzatziki).