In a pan over medium heat, heat 1 tsp of cooking oil and brown two cloves of garlic (*if you have oregano, add it during this step*). Add the seasoned ground chicken and cook thoroughly. Remove the chicken from the pan and set aside in a separate bowl.

Using the same pan, add the onions and peppers. Cook until the onions become translucent - about 5 minutes. Next, add the zucchini and cook until tender. Then remove vegetables from the pan and set aside in a separate bowl.

Add the last teaspoon of oil and the rest of the garlic to the pan (*if you have dill and paprika, add it during this step). Cook for about 1 minute. Add the rice, chicken broth, diced tomatoes, and water then bring to a boil.

Once boiled, reduce to low heat then cover and cook for an additional 15-20 minutes stirring occasionally, or until the rice is tender and most of the liquid has been absorbed.

Add the vegetables and ground chicken back into the pan (*if you have feta cheese, add it during this step*). Evenly combine all ingredients.

Portion out 4 servings into plates or bowls and serve with a lemon wedge, enjoy!