



Chicken Gyro Skillet

Serves: 4 people **Total Cook Time:** 45 minutes



Ingredients

Instructions

- 1lb Ground Chicken, seasoned with a dash of salt and pepper
- 3 Garlic Cloves, minced and separated
- 1/2 Red Onion, chopped
- 1 Red Bell Pepper, chopped
- 1 Zucchini, sliced into thin half rounds
- 2 cups Brown Rice
- 1 can Chicken Broth
- 1 can Diced Tomatoes
- 1 Cucumber, chopped
- 1 Lemon, slice into 4 wedges
- 1/2 cup Water
- 2 tbsp Cooking Oil
- 1 tsp Oregano (optional)
- 1 tsp. Dill (optional)
- 1/2 tsp. Paprika (optional)
- 1/3 cup Crumbled Feta (optional)

1. 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.
2. 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.
3. 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.
4. 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.
5. Add the vegetables and ground chicken back into the pan (*if you have feta cheese, add it during this step*). Evenly combine all ingredients.
6. Portion out 4 servings into plates or bowls and serve with a lemon wedge, enjoy!