




## INGREDIENTS

- 1 Cup Greek Salad Dressing
- 6 Ounces Red Onion (sliced into ½ inch pieces)
- 6 Ounces Zucchini (sliced into ½ inch pieces)
- 6 Ounces Bell Pepper (cored and sliced into ½ inch pieces)
- 6 Ounces Tomato (sliced into 8 wedges)
- Salt and Pepper (to taste)
- 2 Pounds Chicken Thighs (boneless, skinless)
- ½ Cup Olives (pitted)
- 4 Ounces Feta Cheese (cut into chunks)
- ¼ Cup Italian Parsley (chopped)

## DIRECTIONS

1. Position a rack in the middle of your oven and preheat it to 425°.
2. On a large sheet pan, spread the onions, zucchini, bell pepper, and tomatoes. Season well with salt and pepper, then pour about ¼ cup of the dressing all over the vegetables. Toss to coat, then spread the vegetables out so they are all touching the surface of the pan.
3. Season the chicken on both sides with salt and pepper. Nestle the chicken, olives, and chunks of feta in between the vegetables and drizzle with the remaining dressing, making sure the chicken especially is covered with the sauce.
4. Bake on the center rack of your oven until the chicken is cooked through, about 35 minutes. For more color, transfer the chicken to the top rack about 6 inches away from the broiler. Broil for a couple of minutes, watching closely to make sure the chicken and vegetables gain some color but do not burn.
5. Remove from the oven and spoon the pan juice all over the chicken. Garnish with the parsley and serve.

## MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

## MEAL TYPE

-  Lunch/Supper

## YIELD

3 Cups Vegetables +  
20 Ounces Chicken

## PORTION SIZES

- Toddler:** ⅛ Cup Vegetables  
+ 1 Ounce Chicken
- Preschool:** ¼ Cup Vegetables  
+ 1½ Ounces Chicken
- School Age:** ½ Cup Vegetables  
+ 2 Ounces Chicken
- Adult:** ½ Cup Vegetables  
+ 2 Ounces Chicken