



Mediterranean Chicken

This is a very simple recipe, rich in natural herbs, spices, low in carbohydrates, and low on the glycemic index (great for diabetics)

2-3 boneless chicken breasts*

1 bag of fresh spinach (or enough to feed everyone with a healthy portion)

1-2 cloves of garlic, minced

2 tablespoons of fresh rosemary

2 tablespoons of olive oil

¼ cup of low sodium chicken broth

½ cup kalamata olives, pitted and chopped

(½ cup of low fat salad dressing (for marinade)

½ cup feta cheese

Marinate chicken in salad dressing, fresh rosemary, and garlic, preferably overnight

In large pan sauté chicken rosemary and garlic until chicken is tender, approximately 25 minutes. With 5 minutes left, add kalamata olives and feta cheese

In separate pan, sauté spinach in olive oil and chicken broth (approx. 5 minutes).

Serve chicken over spinach

You can add other vegetables like asparagus or cherry tomatoes to add flavor.

***Time Saver: For a very quick and easy version, buy a fully cooked rotisserie and slice it over the vegetables and feta. Can't get easier than that!**