

# Greek Roast Chicken

*This Greek Roast Chicken is so simple and requires just a handful of ingredients but results in a juicy, flavourful chicken. It's a fuss free family friendly dish that just happens to be Paleo, Keto and Whole30.*



★★★★★  
4.67 from 3 votes

Course: Dairy Free, Gluten Free, Grain Free, Keto, Paleo, Specific Carbohydrate Diet Legal, Whole30  
Servings: 6 Author: [Every Last Bite](#)

## Ingredients

- 4 lbs whole chicken
- 1/2 cup [extra virgin olive oil](#)
- 1/3 cup lemon juice
- 5 cloves garlic minced
- 1 tbsp dried oregano
- 1 tsp salt
- 1 tsp pepper

## Instructions

1. To spatchcock the chicken, place the whole bird breast side down on a cutting board and use your fingers to locate the backbone which should run all the way down from neck to tail. Use kitchen scissors or a sharp knife to cut along the right side of the backbone, and then cut all the way along the left side of it so that the backbone can be removed. Now flip the bird over and press down firmly on the breasts to flatten the bird. Rinse the inside of the chicken out.
2. Combine the olive oil, lemon juice, garlic, oregano, salt and pepper in a bowl and whisk together until well combined. Place the chicken in a large baking dish or alternatively, I like to put it inside a very large zip loc bag, and then pour the marinade ovetop. Leave to marinate for a minimum of 8 hours but ideally 24 hours (and up to 48 hours).
3. Preheat the oven to 425 degrees Fahrenheit (220 degrees celsius). Place the chicken on a parchment paper lined baking sheet and pour any excess marinade ovetop. Bake in the oven for 40-45 minutes, spooning some of liquid from the tray over the chicken approx half way through cooking. The chicken is done when a meat thermometer inserted into the thickest part of the breast registers 160° Fahrenheit.
4. Allow the chicken to rest for 10 minutes before carving. Spoon any of the excess sauce from the tray over the chicken before serving.


## Nutrition

Calories: 479kcal | Carbohydrates: 2g | Protein: 27g | Fat: 40g | Sodium: 490mg | Fiber: 1g | Sugar: 1g

Every Last Bite ([www.everylastbite.com](http://www.everylastbite.com))

# Easy Greek Salad

This Greek cucumber salad with red onion, tomatoes, and feta cheese is a wonderful summer salad.

Submitted by **jen** |  Tested by **Allrecipes Test Kitchen**

**Prep Time:** 15 mins

**Total Time:** 15 mins

**Servings:** 6

## Ingredients

- 3 large ripe tomatoes, chopped
- 2 medium cucumbers, peeled and chopped
- 1 small red onion, chopped
- ¼ cup olive oil
- 4 teaspoons lemon juice
- 1 ½ teaspoons dried oregano
- salt and pepper to taste
- 1 cup crumbled feta cheese
- 6 black Greek olives, pitted and sliced

## Directions

### Step 1

Gather all ingredients.

### Step 2

Toss tomatoes, cucumbers, and red onion together in a shallow salad bowl.

### Step 3

Drizzle oil and lemon juice over top, then sprinkle with oregano, salt, and pepper.

### Step 4

Top with feta and olives. Enjoy!

## Recipe Tip

You can use two green onions instead of a small red onion if desired.

# Nutrition Facts

Per serving: 187 calories; total fat 16g; saturated fat 5g; cholesterol 22mg; sodium 347mg; total carbohydrate 8g; dietary fiber 2g; total sugars 4g; protein 5g; vitamin c 16mg; calcium 152mg; iron 1mg; potassium 358mg

# Maria's Pepper Steak

This pepper steak recipe is one of my favorites, using just a few ingredients that I normally have on hand. It's hard to mess up! You can add more or less of each ingredient depending on your tastes.

Submitted by **MARIACOZ** |

**Prep Time:** 20 mins

**Cook Time:** 25 mins

**Total Time:** 45 mins

**Servings:** 6

## Ingredients

- 2 tablespoons olive oil
- 2 large bell peppers, sliced into thin strips
- 1 medium onion, chopped
- 2 cloves garlic, minced
- $\frac{1}{3}$  cup soy sauce
- $\frac{1}{3}$  cup honey
- $\frac{1}{3}$  cup red wine vinegar
- 1  $\frac{1}{2}$  pounds flank steak, cut into thin strips

## Directions

### Step 1

Heat oil in a large skillet over medium heat. Add bell peppers, onion, and garlic; sauté until crisp-tender, 3 to 4 minutes. Transfer to a bowl.

### Step 2

Increase the heat to medium-high and pour soy sauce, honey, and vinegar into the skillet. Add beef and cook, stirring frequently, for 10 to 15 minutes. Return cooked vegetables to the skillet and cook for 10 to 15 more minutes.

### Recipe Tip

If you prefer a thicker sauce, stir in a little flour or cornstarch just before removing from the heat.

## Nutrition Facts

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Per serving: 344 calories; total fat 14g; saturated fat 5g; cholesterol 90mg; sodium 839mg; total carbohydrate 21g; dietary fiber 1g; total sugars 17g; protein 33g; vitamin c 55mg; calcium 42mg; iron 3mg; potassium 564mg

# Curried Chicken Soup

This Menu is from the October 2020 [Real Simple Magazine](#). We've made a few changes to make it Gluten Free! Enjoy.

## Ingredients

1 tbsp olive oil  
1 small yellow onion, chopped  
2 tsp curry powder  
5 cups chicken broth  
8 oz carrots, diced  
1 cup GF pasta of your choice  
3 cups shredded chicken  
2 cups baby spinach  
2 tbsp lemon juice, fresh  
1 tsp salt  
1/2 tsp pepper

## Steps

Heat oil in a pot over medium heat. Add onion and cook until softened, 3-5 minutes. Add curry and cook, stirring, until fragrant, about 30 seconds. Stir in broth and carrots and bring to a simmer over medium-high, stirring occasionally. Stir in pasta, cook until carrots are tender, about 10 minutes. Stir in chicken, spinach, lemon, salt and pepper: cook until spinach is wilted.

## Note

Note: when using GF pasta you may want to make it separately, using the package directions and add it to the soup as you eat it. Keep leftovers separate and add the pasta to the soup when you eat it.

# Falafel-Inspired Stuffed Peppers

These spiced chickpea-stuffed peppers are packed with freshness and flavor, which can only mean one thing: your new weeknight dinner go-to.

By **Jenna Helwig** | Published on September 07, 2024

**Prep Time:** 25 mins

**Total Time:** 45 mins

**Servings:** 4

## Ingredients

- 4 medium bell peppers, halved lengthwise and seeded
- 2 tsp. kosher salt, divided
- 3 Tbsp. extra-virgin olive oil, divided
- 1 large yellow onion, chopped (about 2 cups)
- 2 15-oz. cans chickpeas, drained and rinsed
- 1/2 cup finely chopped plum tomato (from 1 tomato), plus more for garnish
- 1/4 cup chopped fresh flat-leaf parsley, plus more for garnish
- 1 tsp. ground cumin
- 2 Tbsp. tahini
- 2 Tbsp. fresh lemon juice (from 1 lemon)

## Directions

### Step 1

Arrange peppers in baking dish:

Preheat oven to 400°F. Arrange peppers, cut side up, in a 13-by-9-inch baking dish. Sprinkle with 1/2 teaspoon salt.

### Step 2

Make falafel and add to peppers; bake:

Heat 1 tablespoon oil in a large skillet over medium. Add onion; cook, stirring occasionally, until softened, 3 to 5 minutes. Remove skillet from heat. Stir in chickpeas, tomato, parsley, cumin, and 1 teaspoon salt until combined.

Using the back of a spoon, mash about 1/4 of chickpeas to thicken mixture. Divide mixture among peppers. Bake until peppers are tender, about 30 minutes.

Step 3

Make tahini dressing; spoon over baked peppers:

Meanwhile, whisk tahini, lemon juice, and remaining 2 tablespoons oil and 1/2 teaspoon salt in a small bowl. (Whisk in 1 tablespoon water if mixture is too thick to drizzle.)

Spoon tahini dressing over baked peppers. Garnish with tomato and parsley.

TIP

**Make-Ahead:** Assemble and refrigerate this dish up to a day before baking. Leftovers will keep in the fridge for up to 3 days.

Nutrition Facts

Per serving: 451 calories; total fat 18g; saturated fat 2g; cholesterol 0mg; sodium 1243mg; total carbohydrate 61g; dietary fiber 14g; total sugars 15g; protein 17g; vitamin c 80mg; calcium 135mg; iron 6mg; potassium 860mg

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# Chili-Lime Chicken Thighs and Black Beans

This vibrant one-pot meal stars juicy chicken thighs and smoky, spicy black beans.

By **Jenna Helwig** | Published on September 08, 2024

**Prep Time:** 25 mins

**Total Time:** 40 mins

**Servings:** 4

## Ingredients

- 4 6-oz. bone-in, skin-on chicken thighs, patted dry
- 1 1/2 tsp. kosher salt
- 1/2 tsp. freshly ground black pepper
- 1 Tbsp. olive oil
- 1 medium red onion, coarsely chopped (about 2 1/4 cups)
- 1/4 cup unsalted chicken broth or water
- 1 1/2 Tbsp. finely chopped canned chipotle chiles in adobo sauce (from a 7-oz. can)
- 2 15-oz. cans low-sodium black beans, drained and rinsed
- 2 Tbsp. chopped fresh cilantro, plus more for garnish
- 2 Tbsp. fresh lime juice (from 2 limes), plus wedges for serving
- Corn tortillas, warmed, for serving (optional)

## Directions

### Step 1

Cook chicken until golden brown:

Preheat oven to 425°F. Season both sides of chicken with salt and pepper. Heat oil in a medium oven-safe skillet over medium-high. Add chicken, skin side down; cook, undisturbed, until golden brown and crisp, about 5 minutes. Transfer to a plate.

### Step 2

Cook onion, broth, chiles, and beans:

Add onion to drippings in skillet; cook over medium-high, stirring occasionally, until beginning to brown, about 1 minute. Stir in broth, chiles, and beans.

### Step 3

Add chicken to broth and bake:

Return chicken to skillet, skin side up. Bake until a thermometer inserted in thickest part of chicken reads 165°F, about 15 minutes. Stir in cilantro and lime juice. Garnish with cilantro. Serve with lime wedges and tortillas, if desired.

#### TIP

**Make-Ahead:** Refrigerate leftovers for up to 3 days. If you want to re-crisp the chicken skin, warm the thighs in the air fryer for a few minutes.

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