

Greek Chicken Bento Box

Greek Chicken, Tomatoes and Cucumbers and Yogurt Dill Dip

<https://www.foodcoach.me/recipe/greek-chicken-bari-bento-box/>

There is something precious about the Bento Box. They are just CUTE! Also, very practical and feels so great to have lunches prepped in advance. There is also wonderful benefit of things being portioned well *and* not necessary to reheat.

Ingredients

- 1lb boneless, skinless chicken breast
- 2 cloves fresh garlic, minced or pressed
- 1 lemon, juiced
- 2 tbsp red wine vinegar, divided
- 2 cups 0% fat, plain Greek yogurt, divided
- 1 English cucumber, peeled and diced, divided
- 1 cup cherry tomatoes, halved
- 1 tbsp dried dill
- 1 tsp fresh mint, chopped finely
- 4 Bento boxes



Instructions

1. Determine method of cooking chicken – grill, oven or pressure cooker. Begin by marinating the chicken. In a large plastic bag add 1/2 cup Greek yogurt, 1 tbsp red wine vinegar, 2 cloves garlic and Chicken breasts.
2. Cook chicken using preferred method – heat grill to 350 and grill each side 5 minutes or until 160F. Oven to 400 and bake for 22 minutes. Pressure cook for 4 minutes, natural release for 10 minutes.
3. While chicken cooks, cut cherry tomatoes in half. Peel and chop cucumber. Add half the cucumber to a medium size bowl, add all cherry tomatoes and toss with 1 tbsp red wine vinegar. Divide mixture in to 4 Bento boxes.
4. Place remaining cucumber in a medium bowl and add 1 1/2 cups plain Greek yogurt. Add dill and mint. Stir. Add pinch each salt and pepper. Taste and season further as needed. Divide into another section of the 4 Bento boxes.
5. Once chicken is cooked, let cool and slice. Divide 3 ounces into each Bento box. Refrigerate until ready to eat. Good for 4 days.

Recipe Notes: This recipe makes 4 bento boxes with 3 ounces of chicken in each.

Portion sizes differ for all patients. We recommend a 2:1 ratio of eating protein to vegetables. Take small bites, eat slowly and stop at fullness. While the Bento box may have a portioned meal size, this does not mean it's the right amount for you – listen to your body.

One box with all sections provides an estimated 33 grams protein, 11 grams carbohydrate and 3 grams fat.