

## Chicken with Lemon Rice, Oregano and Capers

Internet Address:

A combo of several online recipes



### Servings: 4

Preparation Time: 20 minutes

Start to Finish Time: 50 minutes

1. Preheat the oven to 325°F. Prep all the ingredients.
2. In a large Dutch oven heat the olive oil. Salt and pepper both sides of the chicken. If the chicken pieces are particularly large, cut them in half. Add the chicken, skin side down and brown well, then turn and brown the other side. Remove chicken and set aside.
3. To the pan add onion and cook until the onion is translucent, about 5 minutes. Add garlic and stir well for one minute; do not let garlic burn. Add rice, broth, lemon juice, lemon zest, lemon juice powder, oregano, and feta. Stir and bring the mixture to a simmer.
4. Add the chicken pieces, skin side up and nestle into the rice/broth mixture. Cover the pot and place in the oven.
5. Bake for 20-30 minutes until chicken is cooked through and rice is fluffy. Check the chicken and the rice at 20 minutes - if the chicken is done, remove the pieces to a platter (and tent it to keep warm), then continue cooking the rice until it's just the right texture. You want it to have a slight amount of moisture at the bottom, almost like risotto, but the rice should be tender.
6. Remove to a serving platter and garnish with parsley, Feta, capers and lemon slices.

- 1 tablespoon olive oil
- 1 pound chicken breast halves, skin on, with bones, or halved if large, or use chicken thighs
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 4 whole garlic cloves, minced
- 1 medium onion, chopped
- 1 cup long grain white rice
- 2 1/3 cups low-sodium chicken broth
- 2 lemons, zested and juiced
- 1 tablespoon lemon juice powder, optional
- 2 tablespoons dried oregano
- 1/4 cup crumbled feta cheese

### GARNISH:

- 2 tablespoons Italian parsley, chopped
- 2 tablespoons Feta cheese, crumbled
- 6 lemon slices, halved
- 2 tablespoons capers, drained

**Yield: 4 servings**

*Per Serving (excluding unknown items): 375 Calories; 19g Fat (44.0% calories from fat); 31g Protein; 22g Carbohydrate; 3g Dietary Fiber; 88mg Cholesterol; 990mg Sodium; 2g Total Sugars; 1mcg Vitamin D; 154mg Calcium; 3mg Iron; 529mg Potassium; 330mg Phosphorus. Exchanges: .*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**