



Greek Chicken Paillards

Active Time: 15 minutes | **Total Time:** 40 minutes | **Serves:** 4

Nutrition Information Per Serving

172.3 calories, 0 g carbohydrate, 0 g fiber, 0 g NET carbs, 27.25 g protein, 6.46 g fat

Ingredients

- 2 Tbsp(s) Primal Kitchen Greek Vinaigrette
- 2 -8oz. breast(s) pasture-raised chicken
- 1/2 tsp(s) sea salt

Preparation

1. Pound chicken breasts to 1/2 inch thickness with a mallet. (This step is optional, but will help the marinade penetrate more deeply and reduce cooking time).
2. Add Greek dressing, sea salt and chicken breasts to a zip-top bag. Seal and marinate 20 minutes. For best results, marinate overnight.
3. Preheat oven to 375 F. Heat a cast iron skillet over medium-high heat and add the oil. When shimmering, add the chicken breasts (do not crowd the pan).
4. Cook 2-3 minutes to golden, then flip.
5. Transfer the pan to the oven and cook for another 20 minutes or until internal temperature reaches 165 F.

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