

Baked Mediterranean Chicken with Cherry Tomatoes and Feta

Mediterranean Chicken Bake with Lemon, Olives and Feta

OVEN
400°F

TIME
10 min

TEMP
165°F

PRINT
Recipe Card

INGREDIENTS

- 4 boneless skinless chicken breasts
- 2 tablespoons olive oil
- 3 garlic cloves, minced
- 1 teaspoon dried oregano
- 1 teaspoon paprika
- Salt to taste
- Black pepper to taste
- 1 lemon, thinly sliced
- 1 cup cherry tomatoes, halved
- ½ cup Kalamata olives, pitted
- 1/3 cup feta cheese, crumbled
- 2 tablespoons fresh parsley, chopped

DIRECTIONS

- 1. Preheat the Oven:** Preheat your oven to 400°F (200°C) and lightly grease a baking dish.
- 2. Season the Chicken:** Place the chicken breasts in the baking dish and drizzle with olive oil.
- 3. Rub the minced garlic, oregano, paprika, salt, and black pepper evenly over the chicken.**
- 4. Add the Vegetables:** Arrange the lemon slices, cherry tomatoes, and Kalamata olives around the chicken in the baking dish.
- 5. As the dish bakes, these ingredients will release juices that flavor the chicken.**
- 6. Bake the Chicken:** Bake the dish uncovered for 25-30 minutes, or until the chicken reaches an internal temperature of 165°F (74°C).
- 7. Add the Feta:** Sprinkle the crumbled feta cheese over the chicken and return the dish to the oven for another 5 minutes, just until the cheese softens slightly.
- 8. Garnish and Serve:** Remove from the oven and sprinkle with fresh chopped parsley.
- 9. Serve warm and enjoy the vibrant : Mediterranean flavors.**

SWAPS & NOTES

This recipe is flexible and easy to customize.

Chicken options: Boneless chicken thighs can be used instead of breasts for extra juiciness.

Olive varieties: Kalamata olives are traditional, but green olives also work well.

Add more vegetables: Try adding zucchini, red onion, or bell peppers to the baking dish.

TIPS FOR SUCCESS

Leave some space between the chicken breasts so they roast evenly.

They add brightness and enhance the Mediterranean flavor.

A meat thermometer ensures perfectly cooked chicken.

This keeps the cheese creamy instead of overly melted.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/baked-mediterranean-chicken-with-cherry-tomatoes-and-feta/>