

## Crispy Baked Tomato-Oregano Chicken

Serves 4 (see note below for 2-person version)

### Ingredients

- 30 g (2 T) Oikos nonfat Greek yogurt  
*(full fat will be richer, creamier)*
- 15 g (1 T) tomato paste
- 15 ml (1 T) low-sodium soy sauce or Kevala coconut aminos
- 4 g (1 T) + 1 tsp) dried oregano (or Italian her mix) divided
- 6 g (2 small cloves) garlic, finely minced
- 225 g each boneless, skinless chicken thighs or use breast cutlets sliced thinly
- 1.6 g salt + 0.4 g MSG ( $\approx \frac{1}{4}$  tsp total) (pre-mix and sprinkle over chicken)
- 900 g cherry tomatoes
- 40 g (8–10 olives) Kalamata or black olives, sliced
- 30 ml (2 T) extra-virgin olive oil
- 75 g Parmesan cheese, grated
- 40 g panko breadcrumbs



### Instructions

1. Preheat oven to **220°C**.
2. In a large bowl, mix **yogurt, tomato paste, soy sauce / coconut aminos, 1 T oregano**, and **garlic**. Add **chicken**, sprinkle evenly with the **salt + MSG blend**, and coat well.
3. Spread halved **cherry tomatoes** and sliced **olives** in a 23 × 33 cm glass or ceramic baking dish. Drizzle with **olive oil** and a small pinch of **salt**.
4. Arrange the coated chicken pieces over the tomato–olive mixture.
5. Sprinkle **Parmesan** and remaining **1 tsp oregano** over the top. Cover evenly with **panko**.
6. Bake uncovered until the top is golden and the tomatoes have softened into a light sauce: **22–25 min for chicken thighs, 20–23 min for thin breast cutlets**.
7. For extra crispness, lightly torch the surface with a kitchen torch for **10–15 seconds** per section.
8. **Rest 5 minutes before serving**.

## Nutrition

### Per Serving

Kcal total: 380 | Protein: 37g | Fat: 17g | Sat Fat: 5g | Carbs : 10g | Sugars: 5g | Fiber: 1g | Sodium: 470mg | Omega-3: 0.1g

### Total Dish (4 servings)

Kcal total: 1,520 | Protein: 148g | Fat: 68g | Sat Fat: 20g | Carbs: 40g | Sugars: 20g | Fiber: 4g | Sodium: 1,880mg | Omega-3 0.4g

## Notes

- **Flavor balance:** Garlic and olives enhance umami and Mediterranean depth.
- **Low-sodium option:** Use coconut aminos and unsalted olives to reduce sodium further.
- **Texture tip:** Mist lightly with oil before baking for extra crispness.
- **Seasonal variation:** In winter, frozen ミニトマト or broccoli florets work well; in summer, garnish with fresh basil.
- **Yogurt note:** Nonfat Oikos keeps it light; full-fat adds creaminess if desired.
- **For 2 persons:**
  - Use **450 g chicken**
  - **450 g tomatoes**
  - **Half** of all other ingredients.
  - Bake in a **20 × 20 cm** dish for **about 20 minutes**.
  - Ideal for one meal plus a small leftover portion.