

Ingredients

Focaccia

Flour, Yeast, Water, Sugar, Salt,
Olive Oil, Thyme.

Mediterranean Chicken

Chicken Thighs, Red Wine Vinegar,
Olive Oil, Oregano, Fet.

Pickled Red Onion

Olives

Feta

Mediterranean Dressing

Tomatoes

Arugula

CAL 455

FAT 31g | CHO 19g | PRO 21g

Directions

Turn oven to 350 and take out a sheet pan.

Place focaccia and chicken on the sheet pan and place in the oven for 10 minutes.

Remove and slice the chicken thinly.

Build your focaccia: Cover the top of focaccia with zucchini hummus, sliced chicken, tomatoes (whole or halved) and feta, Return to the oven for another 5 minutes.

Toss arugula with dressing.

Remove from the oven again, transfer to plates and top with arugula, olives and pickled onion. Enjoy!