



### Meal Challenge

## Greek Chicken

Serves 4

### What You Need:

- 3 pounds bone-in, skinless chicken pieces
- 1 tablespoon dried oregano
- ½ tsp salt
- ¼ tsp ground black pepper
- ¼ cup olive oil
- 2 tablespoons fresh or bottled lemon juice

## Food Dare

Pair your chicken with a Greek salad for extra yumminess and extra nutrition.



## What to Do!

- 1** Preheat oven to 375°F. Arrange the chicken pieces in a single layer in a 13 x 9-inch baking dish.
- 2** Combine oregano, salt, and pepper in a small dish. Rub the seasoning mix into the chicken.
- 3** In another small bowl with a fork or small whisk, blend the olive oil and lemon juice. Pour the mixture over the chicken pieces.
- 4** Cover with foil and bake for 30 minutes. Uncover and bake another 5-10 minutes until the internal temperature reaches 165°F, and the juices run clear.



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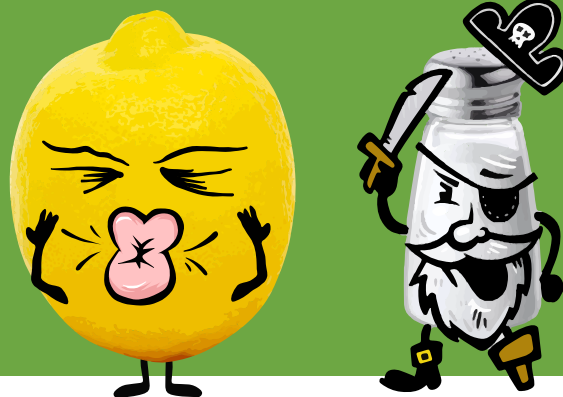
## Table Talk

- 1** What is the best thing about being the age you are right now?
- 2** If you could meet any famous person, who would it be?
- 3** How was your name chosen?

## Mealtime Activity

### Design Your Own Placemat

Create your own placemat art! All it takes is some blank paper, pens, and imagination.



## Just the Facts

Research shows that school health activities are more successful when parents are involved – children are less likely to start smoking and engage in more physical activity when their parents volunteer at their school.\*

\*Parent Engagement: Strategies for Involving Parents in School Health, Centers for Disease Control and Prevention, 2019.