By Dr. Ramona Warren

Summer is here in full force. With soaring temperatures -- as well as numerous opportunities to spend time outside, and connect with friends and family -- spending time in the kitchen is not high on anyone’s priority list.

The good news is that it’s possible to make healthy, great tasting meals in enough time to still allow for an after-dinner bike ride or swim.  Here are two quick and easy recipes to add to your summer mealtime rotation.

**Baked Greek Chicken** (from www.TheWanderlustKitchen.com)

**Ingredients:**

* 2 lemons
* 1 Tbsp. olive oil
* 1 red onion, cut into thick slices
* ⅓ c. pitted kalamata olives
* 2 to 3 large chicken breasts
* Salt & Pepper
* 1 tsp. Greek seasoning (or ½ tsp. oregano, ½ tsp. salt)
* 4 cloves garlic, peeled
* ½ c. hummus
* 1 tsp. Paprika
* 1 pint cherry or grape tomatoes
* 1 tbsp. balsamic vinegar
* Crumbled Feta for topping
* Spinach and pita bread for serving

**Instructions:**

1. Preheat oven to 450
2. Zest one lemon. Place zest in a large bowl and add 1 Tbsp. olive oil. Add in the red onion slices and kalamata olives and toss to coat. Place onions and olives in the bottom of a baking dish.
3. Cut the chicken breasts into tenders (slice them parallel to your work service, then cut each half into 3 pieces. Season the tenders with salt, pepper, and Greek seasoning (if using) then place them on top of the bed of onions and olives. Tuck the peeled garlic cloves under the chicken to keep them from burning.
4. Spread the hummus evenly over the top of the chicken breasts. Squeeze the juice out of the zested lemon over the top of the chicken and onions. Sprinkle the paprika over the top. Add the zested and squeezed lemon rinds to the pan.
5. Bake uncovered for 15 minutes. Add the tomatoes to the perimeter of the pan, then drizzle the balsamic vinegar over the top of the tomatoes. Return to the oven for another 15-20 minutes, or until chicken is cooked through.
6. Serve on a bed of spinach, topped with feta cheese and with extra lemon wedges for squeezing. Optional accompaniments: Roasted red peppers, pepperoncinis, pita bread with hummus, or cucumbers.

**Grilled Chicken Marinade (from www.MarksDailyApple.com)**

**Ingredients:**

* 1 tbsp Dijon mustard
* 1/2 cup olive oil
* 1/4 cup balsamic vinegar (red wine vinegar works, too)
* 1 tsp hot chile powder
* Grated zest from an orange
* Juice from the orange
* Sea salt and pepper

**Instructions:**

Salt and pepper your chicken and fire up the grill. Mix all other ingredients together and coat the bird. Let it marinate for 45 minutes while the coals heat up, then toss it on the grill.  Serve with a large green salad.