

Greek Salad With Chicken

July 2021



Makes: 4 servings

Ingredients

½ cup fat-free Greek yogurt
2 tsp. lemon juice
2 tsp. olive oil
1 clove garlic
1 tsp. oregano
1 tsp. salt
¼ tsp. pepper
1 head romaine lettuce
½ cup cherry tomatoes (halved)
1 cucumber (diced)
¼ cup red onion (sliced)
¼ cup black olives (halved)
1 cup chicken breast (cooked and cubed)
¼ cup feta cheese (crumbled)

Nutritional information for 1 serving

Calories	161
Total fat	6 g
Saturated fat	2 g
Cholesterol	33 mg
Sodium	463 mg
Total carbohydrate	11 g
Dietary fiber	6 g
Total sugars	4 g
Added sugars included	0 g
Protein	17 g

Directions

1. To make the dressing, add Greek yogurt, lemon juice, olive oil, garlic, oregano, salt and pepper to a small bowl. Mix well to combine.
2. Cover dressing and refrigerate for at least 1 hour.
3. Wash lettuce and tear into bite-sized pieces. Place in a large salad bowl and add tomatoes, cucumbers, red onion, olives and chicken.
4. Sprinkle with feta cheese.
5. Top with yogurt dressing and enjoy.