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Grilled Greek Chicken Salad Recipe

Prep Time: 30 mins
Cook Time: 12 mins
Rest Time: 4 h
Total Time: 42 mins

Ingredients

- 4 chicken, breast, skinless, boneless halves
- 1 tablespoon lemon juice
- 1 tablespoon oil, olive
- 1 tablespoon oregano, fresh, or 1 teaspoon dried
- 2 clove(s) garlic, minced
- 1/4 teaspoon pepper, black ground
- 3 medium cucumber(s), seeded and coarsely chopped
- 2 medium tomato sauce, low sodium, red or yellow, coarsely chopped
- 1/2 cup(s) onion(s), red, sliced
- lettuce, mixed greens
- 1/3 cup(s) dressing, reduced-calorie creamy cucumber
- 1/2 cup(s) cheese, feta, crumbled
- 1/4 cup(s) olives, Kalamata, pitted

Recipe Tip:

Marinate 4 to 24 hours.

Preparation

1. Place chicken in a resealable plastic bag set in a shallow dish. For marinade, in a small bowl, combine lemon juice, oil, oregano, garlic, and pepper. Pour over chicken. Seal bag; turn to coat chicken. Marinate in the refrigerator for 4 to 24 hours, turning bag occasionally.
2. Meanwhile, in a medium bowl, toss together cucumbers, tomatoes, and red onion.
3. Drain chicken, discarding marinade. Place chicken on the rack of an uncovered grill directly over medium coals. Grill for 12 to 15 minutes or until tender and no longer pink (170°F), turning once.
4. Transfer chicken to a cutting board; cut into bite-size pieces. Toss with cucumber mixture. If desired, serve on salad greens. Drizzle salad dressing over. Sprinkle with feta cheese and olives.