



**RELAX! ... IT'S JUST DINNER.**



## **Greek Chicken Salad**

**Serves: 4**

**Cook Time: 30 minutes**

### **Shopping list:**

- 4 4-oz. skinless, boneless chicken breasts
- Salt and ground black pepper to taste

- 12 slices cucumber
- 1 cup diced green pepper
- 12 slices of roma tomato
- 1/4 cup sliced red onion
- 16 tbsp crumbled feta cheese
- 12 olives
- 1/2 T- oregano
- 1 T- roasted garlic
- 1 T- red wine vinegar
- 1/2 T- lemon juice
- 4 T- olive oil
- 1 T- Dijon mustard
- 4 cups chopped romaine lettuce

***Recipe:***

1. Preheat your oven to 350. Coat chicken breasts with olive oil spray.
2. Season both sides of the chicken with salt and pepper. Place the chicken on the prepared baking sheet and bake for approximately. 20 minutes, until it's 165F.
3. Cut the chicken into one-inch stripes.
4. In a small bowl, whisk together the vinegar, oil , mustard, oregano, garlic and lemon juice. (This is the dressing for the salad.)
5. Arrange the vegetables, feta and chicken on top of the romaine lettuce
6. Drizzle dressing serve and enjoy!