

Recipe: Greek Salad w/Chicken



Photo credit: Myplate.gov

Number of servings: 4

Food Safety Tips:

1. Wash hands for 30 secs with hot water and soap
2. Sanitize all food prep surfaces and cooking utensils
3. Rinse and scrub all produce

Ingredients

For the dressing:

- 1/2 cup Greek yogurt, fat-free
- 2 teaspoons lemon juice
- 2 teaspoons olive oil
- 1 clove garlic
- 1 teaspoon oregano
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

For the salad:

- 1 head of red oak leaf lettuce
- 1/2 cup cherry tomatoes, cut in half
- 1 cucumber, diced
- 1/4 cup red onion, sliced
- 1/4 cup black olives, cut in half
- 1 cup cooked chicken breast, cubed
- 1/4 cup feta cheese, crumbled

Instructions

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 large salad bowl and add tomatoes, cucumbers, red onion, olives, and chicken.
4. Sprinkle with feta cheese.
5. Top with yogurt dressing and enjoy.

Nutrition Facts

Amount Per Serving

Calories 173

Total Fat 7g

Saturated Fat 2g

Trans Fat #

Cholesterol 42g

Sodium 522mg

Total Carbohydrate 12g

Dietary Fiber 6g

Sugars 5g

Added Sugars 0g

Protein 18g

Vitamin D 0mcg

Calcium 208mg

Iron 2mg

Potassium 836mg

Recipe credit: USDA Center for Nutrition Policy and Promotion, Myplate.gov