

Greek Chicken Salad



Servings: 4

For the Chicken and Marinade:

2 boneless skinless chicken breast

6 garlic cloves, minced

1 teaspoon dried thyme

1 teaspoon salt

1/4 cup olive oil

2 lemons, zested and juiced

1 teaspoon dried oregano

1/2 teaspoon black pepper

For the Salad:

1 head romaine lettuce, chopped

1 pint cherry tomatoes, halved

1/2 cup pitted black olives

1 red onion, sliced

1/2 cup feta cheese, crumbled

For the Chicken and Marinade:

In a bowl whisk together garlic, dried thyme, salt, olive oil, lemon zest, lemon juice, dried oregano, and black pepper. Reserve 3 tablespoons of the marinade and set aside to dress your salad later.

To a Ziploc bag add chicken and pour the remaining marinade over the chicken. Let the chicken marinate in the fridge for 30 minutes or up to 2 hours.

Place your chicken on a baking pan sprayed with non-stick cooking spray. Bake your chicken in a 350°F oven for 40 minutes or until fully cooked.

For the Salad:

In a large bowl combine romaine lettuce, cherry tomatoes, black olives, red onion, and feta cheese. Top with the reserved marinade and toss to coat.

Chop your chicken and add to the top of the salad.

Serve

Per Serving (excluding unknown items): 479 Calories; 27g Fat (50.4% calories from fat); 39g Protein; 22g Carbohydrate; 7g Dietary Fiber; 126mg Cholesterol; 1219mg Sodium; 9g Total Sugars; trace Vitamin D; 280mg Calcium; 5mg Iron; 1204mg Potassium; 490mg Phosphorus. Exchanges: .