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Greek Chicken Salad ♦

Greek Chicken Salad is a delicious and healthy salad made with grilled chicken, fresh vegetables, and a tangy Greek dressing. It is a popular dish in Mediterranean cuisine and is often served as a main course or as a side dish. The salad is packed with flavor and nutrients, making it a perfect choice for a light and satisfying meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	chicken breast
200 g	Romaine Lettuce
150 g	cucumber
150 g	Cherry Tomatoes
50 g	red onion

50 g	Kalamata Olives
100 g	feta cheese
30 ml	olive oil
15 ml	lemon juice
1 tsp	Dried Oregano
0.5 tsp	Salt
0.5 tsp	Black pepper

Directions

Step 1

Grilling

Preheat the grill to medium-high heat.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Season the chicken breasts with salt, black pepper, and dried oregano.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Grilling

Grill the chicken breasts for 5-6 minutes per side, or until cooked through.

Prep Time: 0 mins

Cook Time: 12 mins

Step 4

Resting

Remove the chicken from the grill and let it rest for a few minutes. Slice the chicken into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Mixing

In a large bowl, combine the romaine lettuce, cucumber, cherry tomatoes, red onion, and Kalamata olives.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Mixing

Add the sliced chicken and crumbled feta cheese to the bowl.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Mixing

In a small bowl, whisk together the olive oil, lemon juice, salt, and black pepper to make the dressing.

Prep Time: 5 mins

Cook Time: 0 mins

Step 8

Mixing

Drizzle the dressing over the salad and toss to coat.

Prep Time: 0 mins

Cook Time: 0 mins

Step 9

Serving

Serve the Greek Chicken Salad immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 20 g

Protein: 25 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	20 g	71.43%	80%
Cholesterol	70 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1000 iu	111.11%	142.86%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	3 mg	20%	20%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	200 mg	20%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	4 mg	50%	22.22%
Potassium	600 mg	17.65%	23.08%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Greek Mediterranean

Course

Breads Salads Soups Snacks Sauces & Dressings

Cooking Method

Steaming Blanching Sautéing Roasting Smoking Blending Grinding
Freezing Canning Pickling Sous Vide Pasteurizing Simmering

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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