

Quick & Healthy Meal Ideas

From the EWSNetwork kitchen to yours... specifically designed after a long day at work!

Chopped Greek Salad with Chicken



Ingredients

1/3 cup red-wine vinegar
2 tbsp extra-virgin olive oil
1 tbsp chopped fresh dill, or oregano or 1
teaspoon dried
1 tsp garlic powder
1/4 tsp salt
1/4 tsp pepper
6 cups chopped romaine lettuce
2 1/2 cups chopped cooked chicken,
(about 12 ounces)
2 medium tomatoes, chopped
1 medium cucumber, peeled, seeded and
chopped
1/2 cup finely chopped red onion
1/2 cup sliced ripe black olives
1/2 cup crumbled feta cheese

Instructions

1. Whisk vinegar, oil, dill (or oregano), garlic powder, salt and pepper in a large bowl. Add lettuce, chicken, tomatoes, cucumber, onion, olives and feta; toss to coat.

Nutritional Info (per serving)	Calories: 343
Fat: 18g	Saturated Fat: 5g
Protein: 31g	Carbohydrates: 11g
Fiber: 3g	Sodium: 659mg

Eating Well. (2009). Chopped Greek salad with chicken. Retrieved from <http://www.eatingwell.com>