

NUTRITION TIPS AND TRICKS

QUICK AND HEALTHY MEAL IDEAS

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 substitute 1 tsp dried herbs)
- 1 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp pepper
- 6 cups chopped romaine lettuce
- 2½ 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



Directions

1. To make the dressing, whisk vinegar, oil, dill (or oregano), garlic powder, salt, and pepper in a large bowl.
2. Add lettuce, chicken, tomatoes, cucumber, onion, olives, and feta. Toss to coat. Serve immediately.

Nutrition Info Per Serving: Cal 343 | Carbohydrates 11g | Fat 18g (Sat 5g) | Protein 31g | Fibre 3g | Sodium 659mg

