

Chopped Greek Salad with Chicken

Ingredients

- 1/3 cup red-wine vinegar
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon chopped fresh dill, or oregano or 1 teaspoon dried
- 1 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 6 cups chopped romaine lettuce
- 2 1/2 cups chopped cooked chicken, (about 12 ounces; see Tip)
- 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



Preparation

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.

Tips & Notes

- **Tip:** If you don't have cooked chicken, poach 1 pound chicken breasts for this recipe. Place boneless, skinless chicken breasts in a medium skillet or saucepan. Add lightly salted water (or chicken broth) to cover and bring to a boil. Cover, reduce heat to low and simmer gently until the chicken is cooked through and no longer pink in the middle, 10 to 15 minutes.

Nutrition

Per serving: 343 calories; 18 g fat (5 g sat , 7 g mono); 89 mg cholesterol; 11 g carbohydrates; 31 g protein; 3 g fiber; 619 mg sodium; 659 mg potassium.

Nutrition Bonus: Vitamin A (140% daily value), Vitamin C (45% dv), Folate (31% dv), Potassium (19% dv), Calcium (15% dv).