

GREEK SALAD WITH GRILLED CHICKEN

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat

Serves: 1/4 of recipe

Nutrition (per serving)

Calories: 268

Total Carbohydrate: 14 g

Total Fat: 9 g

Dietary Fiber: 4 g

Saturated Fat: 3 g

Protein: 35 g

Sodium: 637 mg

Ingredients

Salad Ingredients:

12 cups chopped fresh spinach leaves

3 cups chopped tomatoes

2 cups chopped cucumber

3 ounces crumbled reduced-fat feta cheese

1 pound chicken breast, grilled, sliced

Greek Vinaigrette:



OSF
HEALTHCARE

3 Tbsp yellow mustard
2 Tbsp apple cider vinegar
1 Tbsp fat-free plain yogurt
1 ½ tsp honey
1 Tbsp extra-virgin olive oil
2 Tbsp minced onion
1 tsp freshly minced garlic
Pinch of salt
Ground black pepper, to taste

Directions

Dressing: In a medium resalable plastic container, whisk together the mustard, vinegar, yogurt, and honey. Slowly whisk in the oil. Stir in the onion and garlic, then season with salt and pepper. Serve immediately, or store in the refrigerator for up to 5 days.

Salad: In a large bowl, combine the spinach, tomatoes, cucumber, and feta. Pour the vinaigrette over the mixture and toss. Divide the salad among 4 dinner plates or large salad bowls. Top each with one-fourth of the chicken (about 4 ounces) and serve