

Greek Salad Bowl with Tzatziki Dressing

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-salad-bowl-recipe>

Ingredients:

- 1 cup wheat rice Whole
- 3 chicken breasts
- 2 cloves garlic
- 1 tablespoon cumin
- salt
- pepper
- 1 cucumber cut into medium sized pieces
- 1/2 red onion sliced
- lettuce Chopped
- feta cheese
- black olives
- cherry tomatoes
- 1 cup plain greek yogurt
- 1 cucumber finely chopped
- 1 clove garlic finely chopped
- 1 tablespoon red wine vinegar
- 1 tablespoon olive oil
- 2 tablespoons fresh dill finely chopped
- 1 tablespoon lime juice
- salt
- pepper

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 125 milligrams
4. Fat: 13 grams

5. Fiber: 4 grams
 6. Protein: 42 grams
 7. SaturatedFat: 4.5 grams
 8. Sodium: 760 milligrams
 9. Sugar: 8 grams
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