

Chicken Greek Salad

Yield: 4 min
Total Time: 25 min

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

Ingredients:

- 1 tablespoon olive oil
- 2 tablespoons red wine vinegar
- 1 lemon see ALANNA's TIPS
- 2 lemons about 3 tablespoons
- 1 teaspoon minced garlic
- 1/2 teaspoon dried oregano crumbled between fingertips, see TIPS
- pepper
- salt
- 3 cups rotisserie chicken skin removed, in bite-size pieces, or leftover grilled chicken
- 1 English cucumber diced
- 1 tomato large, diced
- 1 cup pitted kalamata olives halved
- 1/2 red onion medium, diced fine
- veggies Other, optional, see TIPS
- romaine lettuce for 4, torn
- baby spinach for 4
- 1/2 cup crumbled feta cheese

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 265 milligrams
4. Fat: 16 grams
5. Fiber: 8 grams
6. Protein: 25 grams
7. SaturatedFat: 6 grams
8. Sodium: 790 milligrams
9. Sugar: 4 grams

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