

# Grilled Lemon Chicken Greek Salad

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## Ingredients:

### *For the chicken:*

1 lb boneless, skinless chicken breast  
¼ cup good olive oil  
¼ c red wine vinegar  
1 tbsp Dijon mustard  
2 lemons, juiced and zested  
1 tbsp salt  
½ tbsp. black pepper  
2 tbsp fresh parsley

### *For the salad:*

1 english cucumber, peeled and diced  
6 oz cherry tomatoes, halved  
½ red onion, thinly sliced  
1 cup Kalamata olives, halved  
1 head romaine, chopped  
6 oz feta cheese, cubed

### *For the dressing:*

1 cup plain greek yogurt  
1 tbsp good olive oil  
1 cucumber, peeled, seeded and grated  
1 tbsp lemon juice  
1 tbsp red wine vinegar  
1 tbsp fresh garlic  
salt and pepper to taste

## Directions:

With a meat tenderizer or the bottom of a heavy frying pan, pound chicken breast to about ¼" thick – you might need to cut them in half first. This ensures for even cooking.

In a small bowl, combine olive oil, vinegar, mustard, lemon juice, parsley, salt and pepper. Pour half of marinate in a gallon sized ziplock bag and marinate chicken 30 minutes to overnight. Save remaining marinate for grilling.

Preheat one side of your grill to 375 degrees. Cook chicken for 5 minutes, or until browned and easy to flip. Flip chicken and move to unheated side of the grill, brush with remaining marinade. Close the lid, and let finish cooking and chicken has reached an internal temperature of 160 degrees. Cover lightly with foil and let rest 5 minutes before serving.

Meanwhile, make the salad dressing. In a small bowl with a whisk, combine yogurt, cucumber, lemon juice, red wine vinegar and garlic until combined. While whisking, drizzle in olive oil to combine. Season with salt and pepper to taste.

Once chicken has finished resting, slice thinly, and set aside while you assemble the salad. In a large bowl, toss all salad ingredients together. Top with sliced chicken and serve with the salad dressing on the side.