



Chopped Greek Chicken Salad

Prep: 25 minutes

Grill: 10 minutes • Serves: 6

Chicken Salad

- 1¼ pounds boneless, skinless chicken breasts
- Nonstick cooking spray
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper
- 1 can (15 ounces) garbanzo beans (chickpeas), rinsed and drained
- 1 package (6 ounces) crumbled feta cheese (about 1½ cups)
- 2 medium tomatoes, diced (about 1½ cups)
- 1 small English cucumber, quartered lengthwise, then sliced ¼-inch-thick (about 2 cups)
- ½ large red onion, chopped (about 1 cup)
- ⅔ cup sliced kalamata olives, drained
- ⅓ cup mild or hot banana pepper rings, drained
- 3 tablespoons packed chopped fresh dill
- 2 tablespoons packed chopped fresh mint leaves

Greek Dressing

- 2 garlic cloves, crushed with press
- ¼ cup red wine vinegar
- 1 tablespoon plain Greek yogurt
- 1½ teaspoons dried oregano
- ¾ teaspoon salt
- ¼ teaspoon ground black pepper
- ½ cup extra virgin olive oil

1. Prepare Chicken Salad: Prepare outdoor grill for direct grilling over medium heat. Spray chicken with nonstick cooking spray; sprinkle with salt and pepper. Place chicken on hot grill rack; cook 10 to 12 minutes or until chicken loses its pink color throughout and internal temperature reaches 165°, turning once halfway through cooking. Transfer chicken to cutting board; let cool. Cut chicken into 1-inch pieces.

2. Prepare Greek Dressing: In medium bowl, whisk together garlic, vinegar, yogurt, oregano, salt and pepper; slowly drizzle in oil, whisking constantly.

3. To serve, in large bowl, toss remaining ingredients with dressing. Makes about 10 cups.

Approximate nutritional values per serving:

445 Calories, 27g Fat (7g Saturated), 73mg Cholesterol, 1254mg Sodium, 24g Carbohydrates, 5g Fiber, 25g Protein

Get Inspired

Omit the chicken for a flavorful vegetarian dish.

For on-the-go salads, layer ingredients in 24-ounce Mason jars in the following order: beans, dressing, onion, olives, cucumber, chicken, tomatoes, cheese, pepper rings, dill and mint. Cover and refrigerate up to overnight. Shake jars to distribute dressing just before serving.