

# 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 Fat: 9 g

Saturated Fat: 3 g

Sodium: 637 mg

Total Carbohydrate: 14 g

Dietary Fiber: 4 g

Protein: 35 g

## 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:

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