

JUMP TO RECIPE

Greek Grilled Chicken Salad

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
15 mins	15 mins	30 mins	4 servings

NOTE

If you're using chicken breasts instead of cutlets, you can pound them until they are 3/4-inch thick or slice them in half lengthwise to make cutlets.

Ingredients

- 1/2 cup extra-virgin olive oil
- 1/3 cup freshly squeezed lemon juice
- 2 cloves garlic, minced
- 2 teaspoons dried oregano
- 1 teaspoon Dijon mustard
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1 1/2 pounds boneless, skinless chicken breast cutlets
- 1 English cucumber
- 3 to 4 vine-ripened tomatoes
- 1 green bell pepper
- 1/4 red onion
- 1 cup crumbled feta cheese
- 1/4 cup chopped parsley, optional
- Grilled pita bread, for serving, optional

Method

1. Make the dressing:
In a jar with a tight-fitting lid, combine the olive oil, lemon juice, garlic, oregano, Dijon mustard, salt, and pepper. Shake vigorously to combine.
2. Marinate the chicken:
Place the chicken cutlets in a large bowl and pour in half of the dressing. Use tongs to toss the chicken until it's well coated. Let sit for 5 minutes.
3. Preheat the grill:
While the chicken marinates, preheat your grill to medium-high heat and lightly oil the grates.
4. Grill the chicken:
Remove the chicken from the marinade and place it on the grill. Cook until the chicken is golden brown, grill marks appear, and it's cooked through to an internal temperature of 165°F, 4 to 5 minutes per side. Transfer the chicken to a plate or cutting board and let it rest for 5 minutes.

5. Chop the veggies:

While the chicken rests, chop the cucumber, tomatoes, and bell pepper into 3/4-inch chunks and thinly slice the red onion.

6. Dress, toss, and serve:

Cut the grilled chicken into bite-sized chunks and transfer it to a large serving bowl. Add the chopped vegetables, crumbled feta, remaining half of the dressing, and the parsley and olives, if using. Toss to coat with dressing and serve along with grilled pita bread, if desired.

Leftover salad can be stored in an airtight container in the fridge for up to 3 days.

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Nutrition Facts (per serving)

676

CALORIES

42g

FAT

15g

CARBS

61g

PROTEIN