



Photo by: Photo: Lee Harrelson; Styling: Leigh Ann Ross

## Herbed Greek Chicken Salad

This flavorful Greek **chicken salad** features fresh Mediterranean ingredients like lemon juice, tahini, olives, tomatoes, cucumber, and feta cheese. Serve with toasted pita wedges.

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Yield: 4 servings

### Ingredients

1 teaspoon dried oregano	2 teaspoons tahini (sesame-seed paste)
1/2 teaspoon garlic powder	1 teaspoon bottled minced garlic
3/4 teaspoon black pepper, divided	8 cups chopped romaine lettuce
1/2 teaspoon salt, divided	1 cup peeled chopped English cucumber
Cooking spray	1 cup grape tomatoes, halved
1 pound skinless, boneless chicken breast, cut into 1-inch cubes	6 pitted kalamata olives, halved
5 teaspoons fresh lemon juice, divided	1/4 cup (1 ounce) crumbled feta cheese
1 cup plain fat-free yogurt	

### Preparation

Combine oregano, garlic powder, 1/2 teaspoon pepper, and 1/4 teaspoon salt in a bowl. Heat a nonstick skillet over medium-high heat. Coat pan with cooking spray. Add chicken and spice mixture; sauté until chicken is done. Drizzle with 1 tablespoon juice; stir. Remove from pan.

Combine remaining 2 teaspoons juice, remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, yogurt, tahini, and garlic in a small bowl; stir well. Combine lettuce, cucumber, tomatoes, and olives. Place 2 1/2 cups of lettuce mixture on each of 4 plates. Top each serving with 1/2 cup chicken mixture and 1 tablespoon cheese. Drizzle each serving with 3 tablespoons yogurt mixture.

\* Local deal prices and availability may vary by store

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### Nutritional Information

#### Amount per serving

Calories: 243    Calories from fat: 29%    Fat: 7.7g    Saturated fat: 2.3g    Monounsaturated fat: 2.9g

Polyunsaturated fat: 1.6g    Protein: 29.7g    Carbohydrate: 13.4g    Fiber: 3.5g    Cholesterol: 70mg    Iron: 2.5mg

Sodium: 578mg    Calcium: 216mg

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