



## Whole Health Nutrition, LLC

Phone: (802) 999-9207 • Fax: (802) 488-5704

Address: 302 Mountain View Drive, Suite 101, Colchester, VT 05446

[www.WholeHealthNutritionVT.com](http://www.WholeHealthNutritionVT.com)

Email: [RD@WholeHealthNutritionvt.com](mailto:RD@WholeHealthNutritionvt.com)

*“Cook Once, Eat Twice – Mediterranean Style”*

# Traditional Greek Salad with Pulled Chicken

Leftover Chicken is the perfect protein source for this easy to make, traditional Greek salad



## Equipment

- Cutting board
- Chef's knife
- Measuring cups, spoons
- 2-3 glass containers for salads
- Small container to mix salad dressing
- Whisk

## Ingredients - Salad

- 2 cups shredded chicken from leftover Greek Chicken Stew
- 6 cups torn romaine lettuce
- 1 ½ cups chopped cucumber (1 medium)
- 1 cup grape tomatoes, halved
- ¾ cup chopped yellow sweet pepper (1 medium)
- ½ cup thinly sliced red onion, rings separated

- ½ cup crumbled reduced-fat feta cheese (2 ounces)
- ¼ cup pitted Kalamata olives, halved
- 4 Lemon wedges - optional

## Dressing:

- ¼ cup extra virgin olive oil
- 3 tbsp red wine vinegar – or more to preferred flavor
- 1 garlic clove - minced
- 2 tsp dried oregano
- 1/2 tsp Kosher salt
- 1/4 tsp Freshly ground black pepper
- 1 tbsp lemon juice from fresh lemon

Set 2-3 glass containers on counter for salads. Wash and dry lettuce. Rinse cherry tomatoes and dry. Slice Romain lettuce into thin strips. Slice cucumbers. Slice red onion in half and then into long, thin strips. Slice cherry tomatoes into halves. Chop pepper. Open jar of olives and drain. If Feta is not already crumbled, crumble into pieces and place into small bowl.

In glass containers, layer Romaine lettuce (1 ½ cups), 2 tbsp red onion slices, 3 tbsp peppers, ¼ cup cherry tomatoes, and 1 tbsp olives. Add 2 oz. chicken to each salad. Sprinkle with 2 tbsp Feta cheese. If desired, add a lemon wedge to salad.

Prepare salad dressing: In a bowl combine olive oil, red wine vinegar, garlic, oregano, salt, pepper – whisk together. Add lemon juice to taste preference. Place into small dressing container to bring with salad.