

# Greek Grilled Chicken Salad

4 servings

- 1 English cucumber, chopped into 1/2" chunks
- 1/2 large green sweet pepper, same drill
- 2 large tomatoes, ditto
- 6-8 oz bulk feta cheese, drained well, cut into 1/2" chunks
- 2 grilled or rotisserie chicken breasts, cut into 1/2" chunks
- 1/2 cup pitted kalamata olives
- 1/4 cup red onion, sliced as thinly as you can slice it
- 1 cup shredded lettuce or greens
- 2 tablespoons chiffonade basil (fresh basil very thinly sliced or julienne)
- 2 tablespoons dried oregano
- Kosher salt and pepper
- 1/4 teaspoon crushed red pepper, optional (or to taste)
- 1 lemon, cut in half
- Dressing (In a jar, shake well 3tablespoons olive oil with 1 tablespoon red wine vinegar and a pinch each of salt and pepper)

Mix cucumber through lettuce in your big bowl, but be kind and just barely toss it together. You don't want things to mush up. Top with dried oregano, and a dusting of kosher salt and maybe 1/2 t freshly ground pepper. Add the crushed red pepper if desired. Toss gently. Squeeze fresh lemon over all and toss again. Drizzle dressing over all and toss a bit more. Garnish with fresh basil. (Note: be careful with all salt additions to this salad; the feta and the olives are already salty.)

(Chicken Guac salad on next page.)

## **Chicken Guac Salad** 3-4 servings

1/2 cup fresh cilantro, chopped roughly, divided  
1/2 cup fresh green pepper, chopped in 1/3-1/2" pieces  
1/4 cup red sweet pepper, chopped in 1/3-1/2 " pieces  
1-2 teaspoon jalapeno, very finely minced (to taste)  
1/4 cup red onion, minced  
1 cup tomatoes, roughly chopped  
2 ripe avocados, roughly chopped  
1 cup cooked rice  
Kosher salt, freshly ground pepper  
1 Lime, cut in half, and the other half cut in half again  
2 chicken breasts, grilled and chopped (or use rotisserie chicken breasts)  
2 cups baby spinach leaves  
1/2 cup grated sharp Cheddar cheese

Mix cilantro through tomatoes, reserving 2 Tablespoons cilantro. Mix that reserved 2 T cilantro into the cooked rice and add to the salad. Season with salt and pepper. Taste and adjust seasoning. Squeeze half of the lime over the salad. Add chopped chicken breasts and spinach and stir gently. Sprinkle with cheese. Serve mounded, with a piece of lime on each plate to use at table.

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