

FETA CHICKEN SALAD



INGREDIENTS:

- 2 cups shredded cooked chicken breasts
- ½ cup cherry tomatoes, halved
- ½ cup finely chopped red onion
- ½ cup chopped seedless cucumber
- ½ cup chopped sweet yellow pepper
- 4 teaspoons lemon juice
- 4 teaspoons olive oil
- ½ teaspoon Greek seasoning
- ½ teaspoon salt
- 1/8 teaspoon pepper
- ¼ cup crumbled feta cheese

DIRECTIONS:

1. In a large bowl, combine the first 5 ingredients. In a small bowl, whisk the lemon juice, oil, Greek seasoning, salt and pepper. Pour over chicken mixture; toss to coat. Refrigerate for at least 1 hour. Just before serving, sprinkle with cheese.

BALANCING MEAL IDEAS:

1. Add corn, quinoa, or another type of grain/carbohydrate to increase whole grain intake
2. Add spinach or other green leafy vegetable to increase fiber and vitamin intake

NOTES:

- If the salad tastes dry, double up on ingredients for dressing mixture

Reference: <https://www.tasteofhome.com/recipes/feta-chicken-salad/>