

DINNER / HIGH PROTEIN



5-Minute Rotisserie Chicken Greek-Style Salad

A crisp cucumber, tomato, pepper, and feta salad topped with rotisserie chicken and a quick oregano vinaigrette.

5 min

1 serving

Dinner

high-protein

low-carb

quick

468

Calories / serving

34g

Protein / serving

9g

Carbs / serving

32g

Fat / serving



Ingredients

- 1 tbsp olive oil (14 g)
- 1/2 tbsp apple cider vinegar (7.5 g)
- 1/4 tsp, ground oregano (0.15 g)
- 1/4 tsp garlic powder (0.7 g)
- 1/4 medium cucumber (50.25 g)
- 1/4 medium (approx 2-3/4" long, 2-1/2" dia) red bell pepper (28.5 g)
- 1/2 cup cherry tomato (74.5 g)
- 1 tbsp (packed) feta cheese (15 g)
- 1 tbsp, chopped red onion (5 g)
- 4 oz, boneless, cooked rotisserie chicken (113.4 g)

Method

- 1 Whisk together the olive oil, apple cider vinegar, oregano, garlic powder. Set aside.
- 2 Dice the cucumber, bell pepper, red onion and cherry tomatoes. Add to a bowl and toss with the dressing.
- 3 Top with feta cheese and rotisserie chicken.

RENEE'S NOTE

"Keep the dressing separate until you're ready to eat if you're packing this ahead so the vegetables stay crisp. Keep refrigerated at 40°F (4°C) or below. For transport, use an insulated bag with at least two cold sources, and discard food left at room temperature for more than 2 hours, or 1 hour above 90°F (32°C)."

RENEE'S TWEAK

Pat the cucumber and tomato dry before dicing so the vinaigrette stays bright rather than pooling at the bottom of the bowl.