Zesty Grilled Chicken Salad Bowl

Tender grilled chicken breast on a bed of crisp mixed greens, drizzled with a light olive oil and lemon dressing for a fresh, high-protein meal.

Servings: 2 **Time:** 30 minutes

Ingredients

- 2 boneless, skinless chicken breasts (6 oz each)
- 4 cups mixed greens (spinach, arugula, romaine)
- 1/4 cup cherry tomatoes, halved
- 1/4 cup cucumber, thinly sliced
- 2 tbsp extra virgin olive oil
- 1 tbsp fresh lemon juice
- 1 clove garlic, minced
- 1/2 tsp dried oregano
- Salt and black pepper to taste

Instructions

1. Preheat grill or grill pan over medium-high heat.
2. In a small bowl, mix 1 tbsp olive oil, garlic, oregano, salt, and pepper to create a marinade.
3. Brush both sides of the chicken breasts with marinade.
4. Grill chicken for about 6-7 minutes per side, or until internal temperature reaches 165°F.
5. Remove chicken from grill and let rest for 5 minutes, then slice thinly.
6. In a large bowl, combine mixed greens, cherry tomatoes, and cucumber.
7. Whisk remaining 1 tbsp olive oil with lemon juice, salt, and pepper to make the dressing.
8. Drizzle dressing over the salad and toss gently.
9. Top salad with sliced grilled chicken and serve immediately.

powered by dishgen