Lemon Herb Grilled Chicken Salad

A protein-packed grilled chicken salad tossed with fresh veggies and a zesty olive oil dressing, perfect for a light and satisfying low-carb meal.

Servings: 2 **Time:** 25 minutes

Ingredients

- 8 oz boneless, skinless chicken breast
- 1 tbsp olive oil (for grilling)
- 4 cups mixed greens (spinach, arugula, romaine)
- 1/2 cup cherry tomatoes, halved
- 1/2 cup cucumber, diced
- 1/4 cup red onion, thinly sliced
- 1/4 cup feta cheese, crumbled (optional)
- 2 tbsp extra virgin olive oil
- 1 tbsp fresh lemon juice
- 1 tsp Dijon mustard
- 1 garlic clove, minced
- Salt and black pepper to taste
- 1/2 tsp dried oregano

Instructions

1. Preheat grill or stovetop grill pan over medium-high heat.
2. Brush chicken breast with 1 tbsp olive oil and season with salt, pepper, and dried oregano.
3. Grill chicken for 6-7 minutes per side or until internal temperature reaches 165°F.
4. Remove chicken from grill and let rest for 5 minutes, then slice into thin strips.
5. In a small bowl, whisk together extra virgin olive oil, lemon juice, Dijon mustard, minced garlic, salt, and pepper to create the dressing.
6. In a large salad bowl, combine mixed greens, cherry tomatoes, cucumber, red onion, and feta cheese if using.
7. Add sliced grilled chicken on top of the salad and drizzle with the olive oil dressing.
8. Toss gently to combine all ingredients evenly.
9. Serve immediately.

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