Herb-Grilled Chicken & Mixed Greens Salad

A light, protein-packed grilled chicken salad with fresh mixed greens and a zesty olive oil dressing—perfect for a healthy and satisfying meal.

Servings: 2 **Time:** 25 minutes

Ingredients

- 8 oz boneless, skinless chicken breast
- 4 cups mixed greens (spinach, arugula, romaine)
- 2 tbsp extra virgin olive oil
- 1 tbsp lemon juice
- 1 tsp Dijon mustard
- 1 garlic clove, minced
- 1/2 tsp dried oregano
- 1/2 tsp salt
- 1/4 tsp black pepper
- Optional: 1/4 cup sliced cucumber
- Optional: 1/4 cup cherry tomatoes, halved

Instructions

1. Preheat grill or grill pan over medium-high heat.
2. In a small bowl, combine 1 tbsp olive oil, oregano, salt, and pepper. Rub mixture evenly over chicken breasts.
3. Grill chicken breasts for 6-7 minutes per side, or until internal temperature reaches 165°F. Let rest for 5 minutes, then slice thinly.
4. In a small bowl, whisk together remaining 1 tbsp olive oil, lemon juice, Dijon mustard, and minced garlic to make dressing.
5. In a large bowl, toss mixed greens, cucumber, and cherry tomatoes with the dressing.
6. Top the salad with sliced grilled chicken and serve immediately.

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