



K-KITCHEN
MONTHLY RECIPES + NUTRITION COACHING

Ingredients

- 2 rotisserie roasted chicken breasts
- 1 jar sun dried tomatoes in oil, julienned
- Chopped leafy greens (spring or romaine)
- 1 english cucumber, dices small
- 1/2C olives (black or green)
- 1/2 thinly sliced onion (sweet or red)
- 1/2C crumbled feta cheese
- Italian seasoning
- Freeze dried dill
- 1/4- 1/3C olive oil (depending on the amount of salad)
- 1 lemon juiced
- 1-2T red wine vinegar
- 1T honey
- 1 garlic clove minced
- salt and pepper

*This recipe is a combination of two; the Greek salad I modified from HungryHappens.net and the chicken from Half Baked Harvest (creamy sun dried tomatoes and pasta). Check them both out because your cooking will amplify immensely!

Greek Salad + Sun Dried Tomato Chicken

Preparation

1. Into a medium warm cast iron skillet, pour a jar of tomatoes (with oil) and warm while shredding chicken breast. Combine and generously sprinkle with italian seasoning. Saute until warmed and tomatoes are slightly browned.
2. Chop greens, cucumbers, olives and onion into a large bowl. Sprinkle with dill (I didn't measure how much so use your taste.)
3. Combine chicken and tomatoes to salad, and top with feta.
4. Combine dressing ingredients (olive oil - salt/pepper (to taste)) into a mason jar and shake. Drizzle over salad and toss.

Tips

This salad dressing is amazing and so easy, but you could easily skip it and top with olive oil/vinegar/salt/pepper too if you're not it.

If you don't love sun dried tomatoes, you need to learn! They add so much flavor, but if you can't or won't, grape tomatoes can be chopped with other veggies. Warm the chicken and seasoning in olive oil, and combine with salad.

If you have room, this meal is greatly complemented by freshly baked sourdough bread dipped in olive oil + parm + herbs.