

August

Recipe of the Month



Greek Salad with Grilled Chicken

Source: *The Biggest Loser Family Cookbook*

Salad Ingredients:

- 12 cups chopped fresh spinach leaves
- 3 cups chopped tomatoes
- 2 cups chopped cucumber
- 3 ounces crumbled reduced-fat feta cheese
- 1 pound chicken breast, grilled, sliced

Greek Vinaigrette:

- 3 Tbsp yellow mustard
- 2 Tbsp apple cider vinegar
- 1 Tbsp fat-free plain yogurt
- 1 ½ tsp honey
- 1 Tbsp extra-virgin olive oil
- 2 Tbsp minced onion
- 1 tsp freshly minced garlic
- Pinch of salt
- Ground black pepper, to taste

Directions:

- Dressing:** In a medium resalable plastic container, whisk together the mustard, vinegar, yogurt, and honey. Slowly whisk in the oil. Stir in the onion and garlic, then season with salt and pepper. Serve immediately, or store in the refrigerator for up to 5 days.
- Salad:** In a large bowl, combine the spinach, tomatoes, cucumber, and feta. Pour the vinaigrette over the mixture and toss. Divide the salad among 4 dinner plates or large salad bowls. Top each with one-fourth of the chicken (about 4 ounces) and serve.

Nutritious Tips

This salad is bursting with flavor and freshness. The yogurt, mustard, vinegar, and garlic combine to make a flavorful dressing without drowning your lettuce in oil, like many restaurant salads. This entrée salad can also be served as a side dish by simply omitting the chicken.

Nutrition Facts

Serving size ¼ of recipe
Servings per Recipe: 4

Calories 268

Fat 9 g
Saturated Fat 3 g

Cholesterol 72 mg
Sodium 637 mg

Carbohydrate 14 g
Fiber 4 g

Protein 35 g



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Tell me what you think! E-mail me at
Jennifer.L.reay@osfhealthcare.org