



MEDITERRANEAN CHICKEN SALAD

By Dr. Cindy Tanzar
(Standard/Maintenance)

Looking for a new twist on a classic favorite? This chicken salad is delicious and easy.

You can cook and chop your own chicken or even use a rotisserie chicken to make it easier. The dressing is delicious and can even be used in other salads (2 Tbsp). You can cut the recipe in half if you like, but it's great for lunches throughout your week and for sharing with the family. For the weight loss plan, leave out the Feta cheese – it's a nice addition for maintenance.

Makes 8 servings. One serving is 4 oz (with the veggies and dressing weight included), and covers your protein, fat and 1/8 cup raw vegetable.



INGREDIENTS:

SALAD:

2 lbs cooked chicken, chopped or shredded (can use canned chicken)

1/3 cup black olives, sliced

1/2 cup bell pepper, diced (your choice of color)

1/4 cup red onion, diced



1/4 cup fresh basil, chopped or cut into ribbons

1/3 cup Feta cheese, crumbled (maintenance)

DRESSING:

1/2 cup Genesis or Primal Kitchen mayo

1 Tbsp lemon juice

1 Tbsp extra virgin olive oil

1-1/2 tsp Dijon mustard

1/2 tsp Italian seasoning

Pink Himalayan salt and black pepper, to taste

INSTRUCTIONS

In a large bowl add all the salad ingredients. Toss until combined.

In a small bowl, add all the dressing ingredients and whisk until combined well. Pour the dressing over the chicken salad and toss.

Enjoy scooped on your plate or in a lettuce wrap. You could even serve it in a halved pepper, or on top of cucumber or tomato slices for more variety.