

Foodnity Recipes

Mediterranean Chicken Salad with Creamy Tzatziki

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Main Ingredients

- [ ] 2 boneless, skinless chicken breasts (about 1 lb), sliced thin
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1 cucumber, seeded and diced
- [ ] 1/2 cup Kalamata olives, pitted and sliced
- [ ] 1/4 cup red onion, thinly sliced
- [ ] 2 cups mixed greens or arugula
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tsp dried oregano
- [ ] Salt and freshly ground black pepper to taste

For the Creamy Tzatziki

- [ ] 1 cup Greek yogurt
- [ ] 1/2 cucumber, finely grated
- [ ] 1 garlic clove, minced
- [ ] 1 tbsp fresh lemon juice
- [ ] 1 tbsp fresh dill, chopped
- [ ] 1 tsp honey (optional)
- [ ] Salt to taste

Instructions

1. Pat the chicken dry, then drizzle with olive oil, sprinkle oregano, salt, and pepper; toss to coat.
2. Heat a skillet over medium-high heat and sear the chicken until golden brown and cooked through, about 4-5 minutes per side. Remove and let rest.
3. While the chicken rests, combine the yogurt, grated cucumber, garlic, lemon juice, dill, and honey in a bowl. Season with salt and chill for a few minutes.
4. In a large bowl, gently toss mixed greens, tomatoes, cucumber, olives, and red onion. Slice the rested chicken and nestle it on top.
5. Drizzle the creamy tzatziki over the salad, give a light toss, and serve immediately.

Nutrition per serving

380 kcal	34 g	12 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a smoky flavor, grill the chicken instead of pan-searing.
- For extra crunch, add toasted pine nuts or sliced almonds just before serving.
- Adjust the garlic intensity in the tzatziki to suit your palate.