

# Lemon Chicken Salad

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This vibrant Lemon Chicken Salad is the perfect balance of fresh, zesty flavors and hearty textures. Grilled lemon-marinated chicken pairs beautifully with a bed of crisp greens, juicy cherry tomatoes, and crunchy cucumbers, all brought together with a light lemon vinaigrette. It's a quick and healthy meal, perfect for lunch or dinner, and can easily be customized with your favorite salad toppings. The tangy brightness of the lemon and the savory, tender chicken make every bite refreshing and satisfying.

## Ingredients:

- 2 boneless, skinless chicken breasts
- 2 tablespoons olive oil
- Juice of 2 lemons (divided)
- 2 garlic cloves, minced
- 1 teaspoon dried oregano
- Salt and pepper to taste
- 6 cups mixed greens (arugula, spinach, or romaine)
- 1 cup cherry tomatoes, halved
- 1 cucumber, sliced
- ¼ red onion, thinly sliced
- ¼ cup crumbled feta cheese (optional)
- 2 tablespoons fresh parsley, chopped

## Lemon Vinaigrette:

- ¼ cup olive oil
- Juice of 1 lemon
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- Salt and pepper to taste

## Instructions:

1. **Marinate the Chicken:** In a small bowl, whisk together 2 tablespoons of olive oil, juice of 1 lemon, minced garlic, oregano, salt, and pepper. Place the chicken breasts in a shallow dish or ziplock bag and pour the marinade over the chicken. Let it marinate for at least 30 minutes or up to 2 hours in the fridge.
2. **Cook the Chicken:** Heat a grill pan or skillet over medium-high heat. Remove the chicken from the marinade and cook for 6-7 minutes on each side, or until the chicken reaches an internal temperature of 165°F (75°C). Let the chicken rest for 5 minutes before slicing.
3. **Prepare the Salad:** In a large salad bowl, combine mixed greens, cherry tomatoes, cucumber, red onion, and feta cheese if using.
4. **Make the Vinaigrette:** In a small bowl, whisk together the olive oil, lemon juice, Dijon mustard, honey, salt, and pepper.
5. **Assemble the Salad:** Slice the grilled chicken and place it on top of the salad. Drizzle the lemon vinaigrette over the top and sprinkle with chopped parsley.
6. **Serve:** Toss everything together gently and serve immediately. Enjoy!

This salad can be customized by adding extras like avocado, olives, or nuts for more texture and flavor!