

Grilled Chicken with Fresh Greek Salad

Makes: 4 servings

Preparation time: about 45 minutes (optional longer marinating time)

3 tbsp (45 mL) extra-virgin olive oil
2 tsp (10 mL) fresh lemon juice
1 tsp (5 mL) red wine vinegar
1/2 tsp (2 mL) dried oregano
1/2 tsp (2 mL) dried Italian herb seasoning
Salt and pepper to taste
1 clove garlic, pressed through garlic press
4 boneless skinless chicken breasts (about 1 lb/500 g)
2 cups (500 mL) chunks tomatoes
1 piece (5-inches/12 cm) cucumber, cut into chunks
1 sweet yellow or orange pepper, cut into chunks
1/4 cup (50 mL) thinly sliced red onion
6 pitted Kalamata olives, halved
1/4 cup (50 mL) crumbled feta cheese

1. In large bowl, whisk together oil, lemon juice, vinegar, oregano, Italian seasoning, salt, pepper and garlic. Transfer 4 tsp (20 mL) of dressing to glass bowl; add chicken and turn to coat. (Make-ahead: Cover and refrigerate for 30 minutes or up to 1 day.)

2. To remaining dressing, add tomatoes, cucumber, yellow pepper, onion and olives; toss and set aside.

3. Place chicken on greased grill over medium heat (350 F/180 C). Grill, covered, for 6 to 8 minutes per side or until no longer pink inside and a thermometer inserted in thickest part of chicken registers 165 F (74 C). Divide chicken and salad among serving plates and sprinkle with cheese.

Per serving: 298 calories; 31 g protein; 15 g fat; 9 g carbohydrates; 2 g fibre; 382 mg sodium