

Edamame & Chicken Greek Salad

Make this simple salad even easier by using rotisserie chicken from the deli. Put your salad on a bed of greens to add more veggies. If you're packing it for lunch, put the greens in separate container to keep them crisp. At lunch time, simply put the chicken salad on top of the greens and you'll have a yummy and healthy lunch.

Serves: 4

Serving size: about 1 ½ cup

¼ cup red wine vinegar
3 tbsp olive oil
¼ tsp ground pepper
1 cup frozen shelled edamame, thawed
1 cup cherry or grape tomatoes, halved
½ English cucumber, sliced
½ cup crumbled feta cheese
¼ cup slivered fresh basil
¼ cup sliced Kalamata olives
¼ cup slivered red onion
6 oz cooked chicken, chopped



Directions:

1. Whisk vinegar, olive oil, and pepper in a large bowl.
2. Add remaining ingredients and toss to coat.
3. Cover and chill.

Per serving: 260 calories, 22g protein, 15g fat (4g saturated), 55mg cholesterol, 8g carbohydrate, 3g fiber, 4g sugar, 270mg sodium

% Daily Value: Vitamin A 10%, Vitamin C 15%, Calcium 15%, Iron 15%

Recipe adapted from Eating Well

