



# CHRISTOPHER CREEK

*S p i c e   C o m p a n y*

## Mid-Week Meals

### “It’s Greek to Me” Salad

Makes 4 Servings



- 4 boneless skinless Chicken Breasts
- 1 Cucumber
- 2 Roma Tomatoes
- ½ Red Onion
- 1 – 15oz can Chick Peas, drained
- Romaine Lettuce
- Feta Cheese
- Kalamata & Green Olives
- Lemon Wedges



Season chicken breasts to taste with Fowl Rub and cover with plastic wrap. Keep the chicken breasts out at room temperature for 30 minutes.

Preheat grill to as hot as it will go.

Cut the cucumber in half, remove the seeds and cut into ¼ inch pieces. Seed and chop the tomatoes into bite size pieces. Thinly slice the red onion.

Place the chicken breasts on the preheated grill and cook for 4 minutes. Flip the chicken and lower the lid on the grill and continue cooking for another 4 minutes or until the chicken has reached an internal temperature of 160 degrees. Remove the chicken from grill and let them rest at room temperature uncovered for 10 minutes.

To arrange the plates start with a bed of lettuce and add to taste the cucumber, tomatoes, red onion, and drained chick peas. Slice the chicken breasts and place on top of lettuce mixture.

Top the chicken with feta cheese and sliced olives. Serve with your favorite vinaigrette dressing and a lemon wedge...Enjoy!

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