



Greek Salad

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN (CHICKEN)

Ingredients

- 2 cups cooked Israeli couscous
- 2 cups thinly sliced kale
- 1/4 cup shaved red onion
- 1/4 cup pitted kalamata olives, halved lengthwise
- 1/4 cup thinly sliced pickled banana pepper
- 2 teaspoons red wine vinegar
- 2 tablespoons extra-virgin olive oil, plus extra for drizzling
- Kosher salt and freshly cracked black pepper
- 1 cup sliced cubanelle pepper
- 12 grape tomatoes, sliced in half
- 3 Persian cucumbers, cut in half lengthwise, then cut into angled pieces
- 1/4 cup roughly chopped fresh parsley leaves
- 1/3 pound block French feta cheese, sliced into 1/4-inch-thick slices
- 1/2 teaspoon dried oregano
- **For extra protein** - 2 Chicken Breasts sliced (or protein of your choice). Season with salt, pepper, Za'atar and lemon to get that Greek flavor!

Directions

1. In a medium bowl, combine the couscous, kale, onion, olives, banana pepper, 1 teaspoon of the red wine vinegar and 1 tablespoon of the olive oil. Season with salt and pepper. Toss to coat.
2. In a separate medium bowl, combine the cubanelle pepper, tomatoes and cucumbers. Add the parsley, remaining 1 teaspoon red wine vinegar and 1 tablespoon olive oil and salt to taste. Toss to coat.
3. On a large plate or platter, arrange the couscous mixture in the center, then top with the cucumber and tomato mixture.
4. Shingle the feta slices on top. Season the feta slices with the oregano, some salt and pepper and a drizzle of olive oil.

Nutrition Highlights: (with chicken)

Calories: ~420-450

Protein ~25g Fiber ~3-4g