

# Grilled Garlic-Lemon Chicken and Greek Salad

**Yield: 4 petite servings**

## Tzatziki Ingredients:

1/3 cup Greek yogurt  
1/3 English cucumber, seeded and grated  
3 tablespoons sour cream  
2 teaspoons white wine vinegar  
1 tablespoon freshly squeezed lemon juice  
2 teaspoons extra virgin olive oil  
1 garlic clove, minced  
1 tablespoon fresh dill, minced  
kosher salt and fresh ground pepper to taste

## Garlic Chicken Ingredients:

1/4 cup plain yogurt  
1 teaspoon kosher salt  
4 turns freshly ground pepper  
2 cloves garlic, minced  
1 teaspoon dried oregano or 1 tablespoon fresh oregano leaves  
4 – 5 chicken tenderloins



- Step 1:** Peel and seed the cucumber. Using a grater, or food processor fitted with a grater blade, grate the cucumber and place the shreds onto a clean dishtowel. Bring the towel together and squeeze it into a ball helping to draw out the water from the cucumber. Set aside.
- Step 2:** In a medium bowl, place the Greek yogurt, sour cream, vinegar, lemon juice, olive oil, minced garlic, minced dill, grated cucumber and fresh ground pepper and salt. Mix well and taste to adjust the seasonings. Add more salt to your liking.
- Step 3:** **For the chicken:** In a large plastic bag combine the yogurt, salt, pepper, minced garlic, oregano and chicken. With the bag sealed well, gently massage until all the chicken is coated with the marinade. Refrigerate overnight.
- Step 4:** **To cook the chicken:** Using a BBQ or an indoor grill pan, grill the sirloin until the internal temperature reaches 165 degrees Fahrenheit. Once the tenderloins have cooked, let them rest for 5 minutes, covered in foil, before you top each piece with some tzatziki.
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## Greek Salad Ingredients:

1/3 English cucumber, peeled, seeded and sliced  
1/4 each: red, yellow and orange bell pepper, seeded and julienned  
1/6 of a large red onion, sliced very, very thinly  
6 cherry tomatoes, cut into quarters  
1 head romaine lettuce, chopped into 1-inch strips  
2 ounces feta cheese, crumbled  
1/4 cup pitted Kalamata olives  
fresh oregano for garnish

## Dressing Ingredients:

3 tablespoons extra virgin olive oil  
1 tablespoon red wine vinegar  
1/4 teaspoon kosher salt  
4 turns freshly ground pepper  
1/2 teaspoon dried oregano  
1 clove garlic, minced



- Step 1:** In a large bowl, whisk together all dressing ingredients. Remove two tablespoons of the dressing and set it aside. Add the chopped lettuce to the bowl and gently toss. Plate the lettuce and all other vegetables, cheese and olives. Drizzle the remaining dressing over the vegetables, cheese and olives. Enjoy!

