

# GREEK SALAD



## The Ingredients

- Marinade-
  - ¼c balsamic vinegar
  - ¼c olive oil
  - Fresh ground pepper
  - 1T salt
- Greek Vinaigrette-
  - ¾ c olive oil
  - ¼ c red wine vinegar
  - 1 tsp maple syrup
  - ½ tsp Italian seasoning
- 1 lb of Chicken Breast (or steak)
- 1 head of Iceberg or Romaine lettuce
- 1 cucumber peeled and sliced
- 1 can drained artichoke hearts
- ½ c sliced kalamata olives
- 6 oz feta cheese crumbles (optional)

## The Directions

- Marinade Chicken (or steak)- Whisk together balsamic vinegar, olive oil, salt & pepper. In a large container, marinate ~30 min in refrigerator.
- Remove chicken from marinade & bake for ~25-30 mins depending on thickness.
- Make Greek vinaigrette- whisk together: - ¾c. olive oil, ¼c. red wine vinegar, maple syrup, Italian seasoning, salt & pepper to taste.
- Toss together chopped lettuce, cucumber, artichokes + sliced kalamata olives + feta crumbles.
- Top salad with sliced/cooked chicken(or steak) and dressing.