



Chicken Cutlets with Greek Salad

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| 4 chicken cutlets | $\frac{1}{2}$ English cucumber, diced |
| Pinch each salt and pepper | 10 Kalamata olives, pitted and sliced |
| 2 tbsp extra virgin olive oil, <i>divided</i> | $\frac{1}{2}$ cup feta cheese, crumbled |
| 1 pint grape tomatoes, halved | 1 tbsp lemon juice |
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Sprinkle chicken with salt and pepper. Brush with $\frac{1}{2}$ tbsp olive oil. Grill over medium heat for 3-4 minutes per side or until 165° F inside. In medium bowl, combine tomatoes, cucumber, olives, feta, lemon juice and olive oil. Serve chicken on top. **Option:** Add onion and green pepper.

Makes 4 servings. Each:

267 calories ❖ 28g protein ❖ 15g total fat
❖ 82mg chol ❖ 6g carb ❖ 0g sugar ❖
2g fiber ❖ 423mg sodium