

Low-Carb Grilled Chicken with Beet, Broccoli, and Cucumber Salad

Sometimes, the best meals are the simplest ones-and this



TIME
30 min

TEMP
165°F

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Recipe Card

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INGREDIENTS

? For the Grilled Chicken:

2 boneless chicken thighs or breasts

1 tbsp olive oil

1 tsp garlic powder

‰ tsp salt

‰ tsp black pepper

‰ tsp paprika

‰ tsp dried oregano

Juice of ‰ lemon

? For the Fresh Veggie Plate:

1 cup broccoli florets

‰ cup cooked beetroot, sliced

‰ cucumber, sliced

1 medium tomato, sliced

4 lettuce leaves

? For the Dressing:

1 tbsp lemon juice

Salt and pepper, to taste

DIRECTIONS

1. Marinate the Chicken: In a bowl, whisk together olive oil, garlic powder, salt, pepper, paprika, oregano, and lemon juice. Add the chicken and coat thoroughly. Let sit at room temperature for 15 minutes (or marinate in the fridge for up to 2 hours).
2. Grill the Chicken: Heat a grill pan or skillet over medium-high heat. Cook the chicken for 5-6 minutes per side, or until golden and fully cooked (165°F internal temperature). Remove from heat and let rest for 5 minutes before slicing.
3. Steam the Broccoli: In a small saucepan, bring an inch of water to a boil. Steam broccoli florets for 3-4 minutes until vibrant green and slightly tender. Rinse under cold water to stop cooking and keep crispness.
4. Assemble the Veggie Plate: Arrange lettuce, beets, cucumber, tomato, and steamed broccoli on a large plate or shallow bowl. Top with sliced grilled chicken.
5. Dress and Serve: Whisk together the olive oil, lemon juice, salt, and pepper. Drizzle over the entire plate. Serve immediately and enjoy fresh!

SWAPS & NOTES

Use shredded carrots or bell peppers for color and crunch.

Add grains : Serve over quinoa, couscous, or brown rice for extra substance.

Make it creamy : Add a dollop of Greek yogurt with herbs as a dipping sauce.

Add red chili flakes or a spoon of spicy hummus on the side.

TIPS FOR SUCCESS

Rest the chicken before slicing for juicier bites.

Use a sharp knife for clean beet and tomato slices.

Steam broccoli lightly -you want a little crunch left!

For meal prep : Store dressing separately and drizzle just before eating.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/low-carb-grilled-chicken-with-beet-broccoli-and-cucumber-salad/>