

## Tzatziki Chicken Salad - A Cool, Creamy Greek-Inspired Favorite

If you love Mediterranean flavors and crave something refreshing, this



**TIME**  
**30 min**

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**ChefManiac**

### INGREDIENTS

- 2 cups cooked chicken, shredded or chopped
- 1 cup Greek yogurt (full-fat or 2% recommended)
- 1 cucumber, seeded and finely diced
- 2 tablespoons fresh dill, chopped
- 2 tablespoons lemon juice
- 1 clove garlic, minced
- Salt and pepper to taste
- ... cup red onion, finely chopped
- ... cup Kalamata olives, chopped (optional)

### DIRECTIONS

- 1.** Make the Tzatziki Base: In a medium mixing bowl, combine the Greek yogurt, cucumber, dill, lemon juice, and minced garlic. Season generously with salt and pepper and stir well.
- 2.** Add Chicken and Mix: Fold the shredded chicken into the tzatziki mixture until evenly coated.
- 3.** Add Onion and Olives: Stir in the red onion and Kalamata olives (if using). These give your salad a delicious briny bite and a pop of color.
- 4.** Chill: Cover and refrigerate for at least 30 minutes to allow the flavors to meld beautifully.
- 5.** Serve It Up: Scoop into pita bread, roll into low-carb wraps, spoon onto salad greens, or serve in endive boats for a light bite.

### TIPS FOR SUCCESS

Use seeded cucumber to prevent your salad from getting watery.

Leftover rotisserie chicken works great here for a fast prep.

Chill time is key-don't skip it!

It lets the garlic and herbs really soak in.

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

Original recipe: <https://chefmaniac.com/tzatziki-chicken-salad-a-cool-creamy-greek-inspired-favorite/>