

Feta Chicken Salad: Tangy, Fresh, and Utterly Addictive

Chicken salad doesn't have to be drowning in mayo to be delicious. This



TIME
30 min

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INGREDIENTS

2 cups cooked chicken breast, shredded or chopped
¾ cup crumbled feta cheese
¾ cup diced cucumber
... cup finely chopped red onion
... cup chopped fresh parsley or dill
Juice of 1 lemon
2 tbsp olive oil
Salt and pepper to taste
Optional: cherry tomatoes, Kalamata olives, chopped bell pepper

DIRECTIONS

1. Prep : Ingredients: Chop all veggies and shred the cooked chicken.
2. Mix : Dressing: In a small bowl, whisk lemon juice, olive oil, salt, and pepper.
3. Combine: In a large bowl, toss chicken, cucumber, onion, herbs, and feta.
4. Toss and : Chill: Pour dressing over salad, toss to combine, and chill for 15-30 minutes to let flavors meld.
5. Serve: Scoop into lettuce cups, wraps, pita, or enjoy straight from the bowl.

SWAPS & NOTES

Chicken : Rotisserie chicken makes this even easier.

Dressing : Swap lemon for red wine vinegar for a different zing.

Feta : Use flavored feta (like herbed or sun-dried tomato) to switch it up.

Add-ins : Toss in chickpeas or cooked quinoa to bulk it up for dinner.

TIPS FOR SUCCESS

Let it sit : A short rest in the fridge helps the flavors shine.

Don't overmix : Feta is crumbly-fold it gently to keep the texture.

Double the batch : It stores well and gets better the next day!

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