

## Grilled Chicken Breast with Creamy Herb Sauce & Salad

Looking for a meal that's both light and incredibly satisfying? This



**TIME**  
**30 min**

**TEMP**  
**165°F**

**PRINT**  
**Recipe Card**

**SAVE**  
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### INGREDIENTS

- 2 chicken breasts (boneless, skinless)
- 1 tbsp olive oil
- 1 tsp paprika
- 1 tsp garlic powder
- Salt & black pepper to taste
- Fresh chopped herbs (chives, parsley, or a mix)
- Mixed greens (lettuce, arugula, spinach, or your favorite blend)
- 1 cup Greek yogurt or sour cream (plain)
- 1 tbsp lemon juice (freshly squeezed for best flavor)
- 1 clove garlic, minced

#### Swaps and Notes:

**Chicken:** Chicken thighs can be used instead of breasts for a juicier result, but adjust cooking time accordingly.

**Marinade Spices:** Feel free to add a pinch of dried oregano, onion powder, or a tiny bit of cayenne pepper for a subtle kick to the chicken.

**Fresh Herbs:** Chives and parsley offer a classic flavor, but fresh dill, mint, or cilantro would also be delicious in the sauce, depending on your preference.

**Mixed Greens:** Use any combination of fresh, crisp greens you enjoy. Romaine, butter lettuce, or spring mix are all great choices.

**Creamy Base:** Plain Greek yogurt provides a lighter, tangier sauce, while sour cream makes it richer.

Choose what suits your taste!

Lemon Juice: Fresh lemon juice is essential for the bright, zesty flavor of the sauce.

## DIRECTIONS

1. Getting this delicious and healthy meal on your table is a breeze. Here's how:
2. Marinate : Chicken: In a bowl or on a plate, rub the chicken breasts all over with olive oil, paprika, garlic powder, salt, and black pepper. Make sure they're evenly coated. Let the chicken sit and marinate for at least 15-30 minutes at room temperature while you prepare the other components.
3. Grill : Chicken: Preheat your grill or a large skillet (cast iron works great) over medium-high heat. Once hot, add the marinated chicken breasts. Cook for about 6-7 minutes per side, or until the chicken is golden brown, has nice grill marks, and is cooked through. The internal temperature should reach 165°F (74°C) when measured with a meat thermometer. Once cooked, remove the chicken from the heat and let it rest for a few minutes on a cutting board.
4. Prepare : Creamy Herb Sauce: While the chicken is resting, prepare the sauce. In a small bowl, combine the Greek yogurt (or sour cream), lemon juice, minced garlic, chopped fresh herbs, salt, and pepper. Whisk everything together until the sauce is smooth and well combined. Taste and adjust seasoning as needed.
5. Assemble & : Serve: Slice the rested grilled chicken breast into even strips or medallions. Arrange a generous bed of mixed greens on your serving plates. Top the greens with the sliced grilled chicken. Drizzle generously with the creamy herb sauce. Serve immediately and enjoy!

## SWAPS & NOTES

, giving it a beautiful crust and juicy interior when grilled.

But the real magic lies in that creamy herb sauce!

Made with Greek yogurt, it's light, tangy, and bursting with fresh flavors, perfectly complementing the chicken and greens.

It's an incredibly efficient meal to prepare, especially if you have a grill or a hot skillet.

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

Original recipe: <https://chefmaniac.com/greek-chicken-souvlaki-grain-bowl-with-tzatziki-sauce/>