

Healthy Greek Chicken Salad with Tzatziki Dressing

Ultimate Greek Grilled Chicken Salad with Tzatziki



TIME
30 min

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INGREDIENTS

For the Grilled Chicken:

2 chicken breasts, butterflied

1 tbsp olive oil

Juice of 1 lemon

1 tsp dried oregano

1 garlic clove, minced

Salt, to taste

Black pepper, to taste

For the Salad:

4 cups mixed greens

1 cup cherry tomatoes, halved

½ cucumber, sliced

... red onion, thinly sliced

Fresh dill, for garnish

For the Tzatziki Sauce:

1 cup Greek yogurt

... cucumber, grated and squeezed dry

1 tbsp fresh dill or mint, chopped

DIRECTIONS

1. Marinate the Chicken: In a bowl, combine olive oil, lemon juice, oregano, minced garlic, salt, and black pepper.
2. Add the chicken and let it marinate for at least 15 minutes. This helps infuse the chicken with bright Mediterranean flavor.
3. Cook the Chicken: Heat a grill pan or skillet over medium-high heat.
4. Cook the chicken for 4-5 minutes per side until fully cooked and golden.
5. Remove from heat and allow the chicken to rest for a few minutes before slicing.
6. Prepare the Tzatziki: In a small bowl, combine:
7. Greek yogurt
8. Grated cucumber
9. Minced garlic
10. Olive oil
11. Fresh dill or mint
12. Salt and black pepper
13. Mix until smooth and creamy.
14. Assemble the Salad: Arrange mixed greens on a serving platter or in bowls.
15. Top with:
16. Cherry tomatoes
17. Sliced cucumber
18. Red onion
19. Add the Chicken: Slice the grilled chicken and place it on top of the salad.
20. Finish with Tzatziki: Spoon generous dollops of

tzatziki over the salad.

21. Garnish with fresh dill and cracked black pepper.

SWAPS & NOTES

Chicken alternatives: Grilled shrimp, salmon, or chickpeas work well if you want a different protein.

Greens: Romaine lettuce, arugula, or spinach can replace mixed greens.

Add more toppings: Feta cheese, olives, or roasted red peppers add extra Mediterranean flavor.

Greek yogurt choice: Full-fat yogurt creates the creamiest tzatziki, but low-fat works well too.

TIPS FOR SUCCESS

Butterfly the chicken: This helps the chicken cook evenly and quickly.

Squeeze the cucumber well: Removing excess moisture keeps the tzatziki thick and creamy.

Let the chicken rest: Resting allows the juices to redistribute for tender slices.

Serve immediately: Fresh salads taste best when assembled just before serving.

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Original recipe: <https://chefmaniac.com/healthy-greek-chicken-salad-with-tzatziki-dressing/>