

Chicken Tahini Summer Salad Is the Fresh, Protein-Packed Meal I Crave on Hot Days

American-inspired Mediterranean



TIME
20 min

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INGREDIENTS

For the Salad:

- 2 cups cooked chicken, sliced or shredded
- 5 to 6 cups chopped romaine, mixed greens, or a blend of both
- 1 cup cucumber, sliced
- 1 cup cherry tomatoes, halved
- 1/2 cup red onion, thinly sliced
- 1 cup shredded carrots
- 1 avocado, sliced
- 1/4 cup chopped fresh parsley
- 2 tablespoons sunflower seeds or chopped almonds

For the Tahini Dressing:

- 1/4 cup tahini
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 tablespoon honey
- 1 small garlic clove, minced
- 2 to 4 tablespoons cold water, as needed
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

DIRECTIONS

1. In a small bowl or jar, whisk together the tahini, lemon juice, olive oil, honey, garlic, salt, and black pepper.
2. Add cold water, one tablespoon at a time, until the dressing is smooth and pourable. Set aside.
3. Arrange the greens in a large serving bowl or divide them between individual bowls.
4. Top with the cooked chicken, cucumber, cherry tomatoes, red onion, shredded carrots, avocado, and parsley.
5. Sprinkle with sunflower seeds or chopped almonds for crunch.
6. Drizzle the tahini dressing over the salad just before serving, or serve it on the side so everyone can add their own amount.
7. Toss gently if serving family-style, and enjoy immediately.

SWAPS & NOTES

This salad is wonderfully adaptable.

Romaine gives you a sturdy crunch, while spring mix brings a softer texture.

Either works, or you can combine both.

Grilled chicken adds smoky flavor, but poached or rotisserie chicken makes prep even easier.

TIPS FOR SUCCESS

Use well-seasoned chicken for the best flavor.

Since salads rely on simple ingredients, every component matters.

Even a little salt, pepper, and garlic on the chicken can make the final salad taste much more complete.

Wait to add the dressing until right before serving.

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