

*Here's a refreshing and delicious Greek inspired salad with a tangy dressing that's just right! Leave out the chicken and you have the perfect side salad for almost any entrée.*



Serves 4

## Tomato Artichoke Salad with Chicken

- 1 large boneless, skinless chicken breast
- 1 12-oz. package frozen quartered artichoke hearts
- 1 can (3.8 oz.) sliced black olives, drained
- 1 c. chopped tomatoes
- 1 c. chopped cucumber
- 1/2 c. grated Monterey Jack cheese
- 1/2 c. finely chopped red onion

**Dressing:**

- 1/2 c. lemon juice
- 4 Tbs. SCD plain yogurt
- 1 tsp. dried oregano, crushed
- 1/2 tsp. salt
- 1/2 tsp. pepper

In a saucepan, cover chicken breast with water and bring to a boil. Simmer for 5 minutes, cover and turn off heat. Allow to sit for 25 min. Cool.

Pour frozen artichoke heart quarters into a saucepan of water. Bring to a boil and cook for 10 min. Cool.

Combine cooled chopped chicken, cooled artichokes, olives, tomatoes, cucumber, cheese and red onion in a large bowl.

Combine dressing ingredients with a whisk and pour over salad ingredients. Stir to combine. For best flavor, allow to chill for a half hour before serving.