

Copycat Cava Greek Salad

Ingredients

- Boneless chicken breast
- Olive oil – divided into 3 tbsp and 1/2 cup
- 2 lemons – juiced and divided
- Zest 1 lemon – optional
- 2 cloves minced garlic
- Chopped fresh basil – divided into 2 tbsp and 1 tsp
- 1 tbsp fresh chopped rosemary
- 1 cup cherry tomatoes
- 1 cup cucumber
- 1/4 cup red wine vinegar
- 1 cup Greek yogurt – one 140-gram container
- 1 tbsp fresh chopped dill
- 1/4 tsp water
- 15-ounce can lentils – drained
- 2 cups lettuce from a bag mixed greens preferably containing arugula
- 1 scoop store-bought Greek tzatziki and/or hummus-optional
- 1/2 cup pitted kalamata olives
- 1/2 cup crumbled feta
- Salt and pepper to taste

Instructions

Step 1: Preheat the oven to 375 F. Place the chicken in an oven-safe dish and cover it with the garlic, 2 tbsp basil, rosemary, salt, and pepper. Refrigerate it for 30 minutes.

Step 2: Cut the cucumbers into bite-sized pieces and cut the cherry tomatoes in half. Place them into a bowl with the red wine vinegar, 3 tbsp olive oil, tomato, and 1 tsp basil. Let them sit for 30 minutes.

Step 3: Mix the yogurt, zest, juice from 1 lemon, dill, salt, pepper, and water for the yogurt dill dressing if using. Mix the red wine vinegar, juice from 1 lemon, salt, pepper, and 1/2 cup olive oil for the vinaigrette and pour half of it over the lentils. Reserve the remaining half of the vinaigrette for the salad.

Step 4: Place the chicken in the oven and roast for 20 minutes, or until it reaches an internal temperature of 165 F. Let it rest for five minutes, and then slice it into 4 to 5 pieces.

Step 5: Place the lentils in a bowl. Top the lentils with the greens, marinated tomatoes, and cucumbers. Drizzle the remaining vinaigrette over the greens. Add the feta and kalamata olives. Place the chicken slices on top. Dress with the vinaigrette and/or yogurt dressing.