

# *a healthy body, a healthy earth*

## **Grilled Chicken & Turkish Salad**

**Makes 8 servings**

### **Ingredients:**

#### *Turkish Salad*

2 cups Roma tomatoes, diced  
1 cup yellow pepper, diced  
1 ¼ cups cucumber, peeled and diced  
½ cup flat leaf parsley, rinsed and chopped  
¾ cup Bermuda onions, chopped  
½ cup lemon juice, fresh  
2 tablespoons olive oil  
1 tablespoon red wine vinegar  
Salt and pepper, to taste

#### *Grilled Chicken Marinade*

3 lemons, zested and juiced  
4 garlic cloves, minces  
1 teaspoon dried oregano  
1 tablespoon olive oil  
Salt and pepper, to taste  
8 chicken breast halves without skin  
6 ounces feta cheese  
4 (six inch) whole-wheat pitas, grilled and cut into six wedges

### **Preparation:**

#### *Turkish Salad*

Combine all ingredients for the Turkish Salad in a bowl and refrigerate for 1 hour

#### *Grilled Chicken*

Combine all ingredients and marinate chicken (refrigerated) for at least 1 hour  
Grill chicken until it reaches 165° F.

Serve chicken with Turkish salad, feta cheese and grilled pita bread (or flat bread).