

Greek Chicken Kabobs and Salad



Greek Dressing

- 1 cup red wine vinegar
- 2 teaspoons garlic powder
- 2 teaspoons dried oregano
- 2 teaspoons dried basil
- 1.5 teaspoons pepper
- 1.5 teaspoons salt
- 1.5 teaspoons onion powder
- 1.5 teaspoons dijon
- 3/4 cup olive oil

Place vinegar, seasonings and dijon in a blender or food processor (or use a handheld blender); pulse to combine. With the blender running, slowly pour in oil and process until creamy (emulsified). Store, covered, at room temperature.

Makes: 1.5 cups

Greek Chicken Kabobs

- 1 pound chicken breasts, cut into chunks
- 1/4 cup greek dressing

1) Place chicken in a large resealable plastic bag or tupperware; coat with dressing. Cover and refrigerate for at least 2 hours to marinate (or leave at room temperature for 30 minutes).

2) Thread onto metal or soaked-wooden skewers. Grill over medium heat until cooked through.

Salad

- 130g baby spinach (8 cups)
- 1 cucumber, halved lengthwise and chopped
- 200g cherry tomatoes, halved
- 1 cup cubed feta
- 1/2 cup olives, cut in half lengthwise
- 1/2 red onion, sliced thinly

- salt and pepper, to taste
- greek dressing, to taste

Place spinach, cucumbers, tomatoes, feta, olives and onion in a large bowl. Season with salt and pepper; toss to coat. Add dressing and toss again. Serve immediately.

Serves: 4

From: [KitchenSimplicity.com](https://www.kitchensimplicity.com)