

STARTER & SNACK

Grilled Chicken Salad with Feta and Cucumbers

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	12	\$0.90	96 kcal

Grilled Chicken Salad with Feta and Cucumbers could be just the gluten free and primal recipe you've been looking for. This recipe serves 12 and costs 90 cents per serving. One portion of this dish contains roughly 6g of protein, 6g of fat, and a total of 96 calories.

Ingredients

☐ ¼ teaspoon freshly ground black pepper☐ 8 ounces cups crumbled feta cheese☐ 6 tablespoons chopped fresh mint☐ 1 tablespoon grated lemon rind☐ 2 cups chopped red onion☐ 6 ounce skinless, boneless chicken breast halves☐ 4 cups (1/2-inch) cubed peeled English cucumber (about 2 large)☐ 6 tablespoons chopped fresh dill☐ ¼ cup fresh lemon juice☐ 1 tablespoon olive oil☐ ¾ teaspoon salt, divided

EQUIPMENT Grill

Method

- 1 Prepare grill.
- 2 Brush chicken with oil; sprinkle with 1/2 teaspoon salt and pepper.

- 3 Place the chicken on grill rack coated with cooking spray; grill 5 minutes on each side or until done.
- 4 Place chicken on platter; let cool 5 minutes. Slice each chicken breast half in half lengthwise, and slice chicken pieces crosswise into thin slices.
- 5 Combine chicken, cucumber, and next 6 ingredients.
- 6 Sprinkle with remaining 1/4 teaspoon salt; toss to combine.
- 7 Garnish with mint sprigs, if desired.

Nutrition per serving

96	6 g	6 g	5 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2.8 g · 17% of daily needs
Fibre			0.9 g · 4% of daily needs
Sugar			1.9 g · 2% of daily needs
Sodium			380 mg · 17% of daily needs
Cholesterol			25.9 mg · 9% of daily needs
Vitamin C			6.7 mg · 8% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/grilled-chicken-salad-with-feta-and-cucumbers-148336