RECIPE | CUCUMBERS



CHOPPED GREEK SALAD PLATTER



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For the salad:

6 Pure Flavor® Mini Cucumbers, diced

8 oz Pure Flavor® Aurora Bites Mini Sweet Peppers, sliced

4 oz Pure Flavor® Sangria® Medlev Tomatoes, halved

1 lb chicken tenderloins

1 tsp garlic powder

2 cups cooked quinoa

1 15 oz can chickpeas, rinsed and drained

1 medium red onion, thinly sliced

½ cup crumbled feta cheese

1/2 cup pitted kalamata olives

1 tbsp olive oil

Salt and pepper

For the dressing:

1 shallot minced

1 tbsp diion mustard

3 tbsp lemon juice

3/4 cup olive oil

1 tbsp minced fresh dill

Salt and Pepper



TOTAL TIME

PREP TIME

COOK TIME 6 minutes

SERVES

COOKING LEVEL

- 1. Preheat grill or frying pan over medium-high heat and coat with olive oil.
- 2. Season chicken with garlic powder, salt, and pepper. Grill for 4 to 5 minutes per side or until cooked through.
- 3. While chicken cooks, combine vinaigrette ingredients and pour into a serving bowl.
- 4. Toss together quinoa and chickpeas and arrange each salad ingredient in groups on a large platter.