

Grilled Chicken & Chickpea Kale Salad

10 ingredients · 40 minutes · 1 serving



Directions

1. In a bowl, combine the yogurt, garlic, and lemon juice. Season with salt and pepper.
2. Place half of the dressing in another bowl and add the chicken. Mix well to coat the chicken in the dressing. Set aside for about 10 mins.
3. Preheat the grill to medium-high heat.
4. Remove the chicken from the marinade and shake off the excess. Discard the remaining marinade. Cook the chicken flat on the grill for six to eight minutes on each side or until cooked through. Remove the chicken from the grill and let it rest for five minutes. Chop into bite-sized pieces.
5. To assemble the salad, add the kale, chickpeas, radishes, basil, and chicken to a bowl. Add the remaining yogurt dressing and top with chives. Enjoy!

Notes

Leftovers

Store the salad separately from the dressing and chicken. Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately 2 1/2 cups.

Make it Vegan

Use dairy-free yogurt. Omit the chicken and add more legumes.

More Flavor

Use another type of legumes, like black beans and lentils.

Ingredients

- 1/4 cup Plain Greek Yogurt
- 1/2 Garlic (clove, minced)
- 1 tbsp Lemon Juice
- Sea Salt & Black Pepper (to taste)
- 6 ozs Chicken Thighs (boneless, skinless)
- 1 cup Baby Kale
- 1/2 cup Chickpeas (cooked)
- 2 tbsps Radishes (chopped)
- 2 tbsps Basil Leaves (chopped)
- 1 tbsp Chives (chopped)