

# Greek Chicken Spinach Salad with Figs & Feta

*A salad inspired by the flavors synonymous with Greek cuisine. A hearty yet healthy spinach chicken salad.*

## Ingredients:

### For the Chicken Marinade

1 tablespoon extra virgin olive oil, plus more for the pan  
1 teaspoon oregano, dried or fresh  
2 garlic cloves, crushed or minced  
1 teaspoon onion powder  
1 lemon, juiced  
Kosher salt  
Freshly ground pepper  
1 pound boneless skinless chicken breasts

### For the Vinaigrette

1/4 cup extra virgin olive oil  
1/2 cup balsamic vinegar  
2 tablespoons honey  
Kosher salt  
Freshly ground pepper

### For the Salad

10 ounces baby spinach  
1 small red onion, thinly sliced  
1/2 English cucumber, sliced  
3 1/2 ounces pitted Kalamata olives, halved  
1 cup dried figs, sliced (or substitute torn fresh seasonal figs)  
7 ounces feta, cubed  
Small bunch of fresh mint leaves (about 1/3 cup), finely chopped  
Freshly ground pepper

## Directions:

**Marinate the chicken:** In a large mixing bowl, stir together olive oil, oregano, garlic, onion powder, lemon juice, and a big pinch or two of salt and pepper. Slice the chicken horizontally into strips, then add to the marinade and mix until evenly coated. Cover and leave in the fridge for a minimum of 4 hours, preferably overnight, for the marinade to fully flavor chicken.

**Cook the chicken:** Place a large pan over medium-high heat and coat with a thin layer of olive oil. When the oil is shimmering, place the chicken slices in the pan, shaking off the extra marinade with each slice. Cook until well browned on both sides, about 5 minutes. Cook the chicken in batches if the pan is not big enough. Place cooked chicken on a plate to rest and cool while you prepare the remaining ingredients and dressing.

**Prepare the vinaigrette:** To a small bowl, add the olive oil, balsamic vinegar, honey, and salt and pepper to taste. Whisk together until well combined.

**Prepare, dress and serve the salad.** In a large bowl or serving dish, add the spinach, chicken, red onion, cucumber, olives, dried figs, feta and mint. Pour the vinaigrette over the salad, toss to mix evenly and serve.

