



Healthy Keto with Jim Colbourne

Greek Chicken Salad

6g NET Carbs (Low Carb Keto)

6 Large Servings which can easily made into 12 small Servings as a side dish.

Simply a Delicious Greek Salad with Chicken for added Protein. The dressing is made with Greek Yogurt which adds a to this extraordinary low carb keto friendly salad. The flavors are so unbelievable you will be so impressed that all these ingredients can be put into a salad made by you. It's definitely a salad from a high-end restaurant.

***These desserts Must Be Frozen to prevent them from going soft. ***

Ingredients

- 3 Boneless Chicken Breast
- 2 Prepackage Lettuce
- 1 cup Tomato
- 1 cup Cucumber
- 1/3 cup Olives
- Sprinkle Feta Cheese & Asiago Cheese
- 4 Tbsp Full Fat Greek Yogurt
- 2 Tbsp Chives
- 3 Tbsp Lemon Juice
- 2 Tbsp Apple Cider Vinegar
- 1 Tbsp Italian Seasoning
- 2 Tbsp Butter for frying
- 1 cup Orange Bell Pepper
- 1 cup Yellow Bell Pepper
- 1 tsp Cayenne Pepper
- 1 Tbsp Soya Sauce
- 1 Tbsp Worcestershire Sauce

Links of Ingredients can be found in the description of Video

Macros may change depending on Brand of Ingredients

Instructions:

1. Marinate the chicken with salt, pepper, soya sauce and Worcestershire Sauce and Precook the chicken using butter.
2. Once cooked remove the chicken and set aside. Make sure you pour out all the residual fat from the pan on the chicken as well. The dripping will be used in the dressing.
3. For the dressing combine in a mixing bowl yoghurt, chives, apple cider vinegar, lemon juice, Italian seasoning, cayenne pepper and the drippings, mix well together.
4. Slice all the veggies, cube chicken and place them in the salad bowl.
5. Drizzle dressing over the salad and mix well.
6. When serving salad Crumble in the feta cheese and Asiago Cheese. Enjoy!



Serving Size: 1 fat bomb Calories: 60 Fat: 5g
Carbohydrates: 1.5g Protein: 1g

