Greek Chicken Salad = Great leftovers for lunch!

A little bit of meal preparation can provide a hot dinner Sunday night, an easy cold dinner Monday night and great leftovers for your lunch on Tuesday. When you cook lemon chicken breasts and corn on the cob for dinner, throw in 2 extra chicken breasts and an extra corn on the cob. The next day just cut up the chicken and a variety of veggies, for a delicious variation on a Greek Salad. These amounts are for 2 people.

Lemon Chicken – 375 degrees F for 35 to 40 mins

4 frozen chicken breasts, cook from frozen in a glass casserole dish

1 large lemon, squeeze over the meat

I small shallot/onion chopped fine

1 tablespoon olive oil

Sprinkle with salt, pepper, and basil, flip the chicken over a few times to coat

After you enjoy your dinner, put the leftover lemon chicken in a sealed container in the fridge. Cut the kernels off the extra corn on the cob and add to the chicken.

Greek Chicken Salad

Cut the cold lemon chicken breasts into cubes, spoon over any lemon juice and onion left in the bowl

1 red, orange, or yellow pepper

1 large tomato cut in cubes

Add the kernels from the leftover corn on the cob

Cucumber wide slices cut to cubes

Add Kalamata olives or black olives (optional)

Instead of feta cheese (add 1 tablespoon of grated parmesan cheese)

Dressing – 1 tablespoon olive oil and 1 tsp balsamic vinegar, ½ tsp basil, fresh pepper

Add everything to a large glass bowl and stir lightly.

Put the leftovers in a sealed Tupperware container for your lunch the next day!