



## Grilled Chicken & Chickpea Kale Salad

1 serving  
40 minutes

### 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)

### 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.