



Mediterranean Wedge Salad with Chicken

By Chef Veera Gaul, Ph.D.



Ingredients

- 1 cucumber, deseeded and chopped
- 1 cup halved cherry tomatoes
- ½ cup chopped orange or yellow bell pepper
- ¼ cup finely chopped red onion (optional)
- ½ cup pitted and halved olives (O&V [Kalamata](#) or O&V [Castelvetrano](#) or both) *
- 2 cups shredded rotisserie chicken or chopped grilled chicken
- 4 baby romaine lettuce halved
- ½ cup chopped flat leaf parsley
- 1 tablespoon chopped fresh oregano
- ½ teaspoon kosher salt
- ½ teaspoon cracked black pepper
- 4 tablespoons O&V [Red Wine vinegar](#) *
- 2 tablespoons O&V [Garlic Mustard](#) *
- 1 ½ tablespoons honey or maple syrup
- ½ cup O&V [Tuscan Herb EVOO](#) *
- 2 tablespoons O&V [Lemon EVOO](#) *
- 4 oz (about 1 cup) crumbled feta cheese
- ¼ cup pine nuts, lightly toasted

Preparation

In a bowl, mix together the chicken, tomatoes, cucumber, bell pepper and red onion (if using). Add in the olives.

In a separate bowl whisk together the chopped herbs, mustard, vinegar, honey, salt and pepper. Combine the two oils in a measuring cup and slowly drizzle into the bowl whisking constantly till the vinaigrette come together (See Chef Note).

Toss the chicken mixture in half the vinaigrette. Arrange the cut romaine wedges on 4 plates and top with the chicken mixture. Drizzle remaining vinaigrette over the four plates and sprinkle with crumbled feta cheese and toasted pine nuts

Serve with warm crusty bread.

Serves 4

Active Time: 25 minutes Total Time: 25 minutes

Chef Note

Another quick option is to place the mustard, honey, salt and pepper in a small food processor or blender, and run the blender while slowly drizzling in the oil. Once combined well, stir in the chopped fresh herbs.

For a creamier dressing, place the mustard, honey, salt, pepper and feta in the food processor or blender and run the blender while slowly drizzling in the oil (you may need a little more oil or a little water to get the dressing to the right consistency). Stir in the fresh chopped herbs at the end.

Notes

* I love the combination of [Tuscan Herb EVOO](#) and [Lemon EVOO](#) in the dressing which amps up the herby and citrusy flavors of the dressing. You are welcome to replace with a high quality plain EVOO in which case I would add another tablespoon of chopped oregano and a squeeze of lemon juice to the dressing.

* Most O&V stores have an array of olives. Our [Kalamata Olives](#) come in a red wine vinegar which can be used in the dressing. I like to use a mixture of dark meaty kalamata olives and crisp, plump green **Castelvetrano olives**, but feel free to use your own preferred olive.

*The [Garlic Mustard](#) adds a nice flavor but may be substituted with a Dijon mustard. I love a nice zingy red wine vinegar in this dressing, but you can certainly use a sweeter [Lavender vinegar](#), [Pomegranate vinegar](#) or even a [White Balsamic](#).

Categories: Entrée, Salads, Poultry, Gluten Free, Lemon EVOO, Castelvetrano Olives, Kalamata Olives, Rotisserie Chicken, Red Wine Vinegar, Garlic Mustard, Tuscan Herb EVOO, Weeknight Meal, Easy Dinner, Wedge Salad, Greek Salad, Mediterranean Salad, Salad for Dinner