

Greek Breakfast Salad

About this Recipe

Meal: Breakfast

Serves: 1

Prep time: 20-40 minutes

Cook time: Varies

Category

Dietary Preference

- ✓ Gluten-Free
 - ✓ Nut-Free
 - ✓ Omnivore (Everything)
 - ✓ Pescatarian
 - ✓ Vegetarian
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Nutrition Information

Serving Size: 2 cups leafy greens, 2 hard-boiled eggs, 3oz (85g) chicken sausage, cucumber, tomato, ¼ cup quinoa, 1oz (28g) feta cheese, 8 kalamata olives

Calories: 500

Protein: 30 grams (3/4 hands of protein)

Fat: 20 grams (2 thumbs)

Low Carb: 30 grams (2 fists)

Moderate-High Carb: 10 grams (1/2 cupped-hand)



Registered Dietitian's Notes

Why not take the flavors of a Greek salad, add two hard-boiled eggs, and call it breakfast? This nontraditional breakfast will completely redefine the way you think about breakfast. Fresh cucumber, tomatoes, and leafy greens add a nice crunch.

Adding a savory meal to your morning might also help you fight sugar cravings throughout the day. Check out the other breakfast salad recipes in the serving suggestions.

Ingredients

2–3 cups leafy greens

¼ cup chopped cucumber

¼ cup cherry tomatoes, halved

2 eggs, cooked as desired

3 ounces (85 g) turkey or chicken sausage, optional

¼–½ cup cooked quinoa

1 ounce (28 g) feta cheese, crumbled

8 kalamata olives

Parsley for garnish

Directions

1. Cook quinoa according to directions on the package. Set aside.
2. Prepare turkey or chicken sausage by sautéing for 10 minutes over medium heat, using the [One-Pan Sausage, Peppers and Onions](#) recipe as guidance if needed.
3. Cook eggs as desired. (We recommend over-easy or [hard-boiled eggs](#).)
4. Wash and chop leafy greens, cucumbers, tomatoes, and olives as desired.
5. Arrange all ingredients in a salad bowl or in a to-go reusable plastic container if you will be using it for a future [meal](#).



Serving Suggestion

Love the breakfast salad trend? Consider trying the [Classic Breakfast Salad](#) or the [Summer Breakfast Salad](#).

If you are looking to boost the protein content in this recipe, consider swapping the feta for almonds or including a larger serving of turkey sausage. Remember, don't short yourself on the vegetables in this recipe! The more colorful, non-starchy vegetables you eat, the better! For more flavor, consider roasting or sautéing the tomatoes before adding them to your salad.