

Chopped Dill Pickle Salad (High Protein)

Prep: 22 minutes • Cook: 8 minutes

A crisp, tangy chopped salad tossed in a creamy Greek yogurt dill-pickle ranch, layered with crunchy croutons, fresh herbs, and briny feta for bright, craveable bites. High in protein and meal-prep friendly with vibrant texture in every forkful.

Ingredients

- 2 cups sourdough bread (cubed (1/3 to 1/2-inch cubes))
- 1 tablespoon butter (melted)
- to taste fine sea salt
- to taste black pepper
- 2 cups kale (finely chopped)
- 2 cups cabbage (finely chopped (red and/or green))
- 2 cups romaine lettuce (finely chopped)
- 2 (14 fl oz/398 ml) cans chickpeas (drained and rinsed)
- 1 English cucumber (chopped)
- 6 radishes (chopped)
- 1 1/2 cups feta cheese (crumbled)
- 1/4 cup dill (finely chopped)
- 1 cup plain Greek yogurt
- 1/3 cup dill pickle (roughly chopped)
- 1 tablespoon dill pickle juice
- 1 tablespoon white distilled vinegar
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon fine sea salt
- 1 tablespoon fresh dill (finely chopped)
- to taste black pepper

Instructions

1. Preheat oven to 425°F (220°C). Scatter cubed sourdough on a baking sheet, drizzle with melted butter, and season with fine sea salt and pepper to taste.
2. Bake croutons until golden and crisp, about 8 minutes; let cool.
3. In a large bowl, combine kale, cabbage, romaine, chickpeas, cucumber, and radishes.
4. Start the dressing: Add 1/3 cup of the Greek yogurt to a blender with the chopped dill pickle, pickle juice, white

vinegar, garlic powder, onion powder, and fine sea salt; blend until smooth.

5. Finish the dressing: Transfer blended mixture to a bowl, whisk in the remaining 2/3 cup Greek yogurt and the chopped fresh dill; season with black pepper to taste.

6. Drizzle dressing over salad and toss to coat. Add croutons, feta, and additional chopped dill; toss again, taste, and adjust seasoning as needed.

Tags: Salad, High Protein, Vegetarian, Meal Prep, Greek Yogurt, Gluten-Free Option

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