

EASY GREEK SALAD

Total number of servings: 6
Serving size: 1 cup

INGREDIENTS

6 romaine lettuces leaves, torn into 1 1/2 inch pieces
1 medium cucumber, peeled and sliced
1 medium tomato, chopped
1/2 cup red onion, sliced
1/3 cup feta cheese, crumbled

For the Dressing

2 tablespoons olive oil
2 tablespoons lemon juice
1 teaspoon dried oregano
1/2 teaspoon salt

DIRECTIONS

Time needed: 15 minutes preparation

1. Combine lettuce, cucumber, tomato, onion, and cheese in large serving bowl.
2. Make the dressing. Whisk together oil, lemon juice, oregano, and salt in small bowl.
3. Pour the dressing over the lettuce mixture; toss until coated. Serve immediately.

Find more Extension Center for Family Development recipes at z.umn.edu/therecipebox.



UNIVERSITY OF MINNESOTA | EXTENSION

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NUTRITIONAL INFORMATION

Calories:	80
Total Fat:	7 g
Saturated Fat:	0 g
Sodium:	290 mg
Total Carbohydrates:	4 g
Dietary Fiber:	1 g
Protein:	2 g

TIPS AND VARIATIONS

- Add sliced black, green, or Kalamata olives.
- To add protein, top the salad with grilled, baked, or roasted chicken or cooked garbanzo beans.
- Serve the salad along with hummus and pita wedges.

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