

# Greek Salad

Servings: 4

## Ingredients:

- 3 cups torn romaine lettuce
- $\frac{1}{2}$  cucumber, sliced
- $\frac{1}{2}$  green pepper, chopped
- $\frac{1}{4}$  red onion, sliced and separated into rings
- 1 stalk celery, sliced
- 1 tomato, cut into thin wedges
- $\frac{1}{4}$  cup sliced pitted calamata olives
- 2 ounces feta cheese

## Dressing:

- 2 Tbl. *red wine vinegar*
- 2 Tbl. *lemon juice, fresh*
- $2\frac{1}{2}$  Tbl. *olive oil*
- 1 tsp *oregano*
- $\frac{1}{2}$  tsp *garlic powder*
- $\frac{1}{4}$  tsp *onion powder*
- *pepper* to taste

## Directions:

1. In a large bowl, combine the romaine, cucumbers, green peppers, onions, celery, tomatoes and olives.
2. In a small bowl, use a fork to crumble the feta cheese.
3. Sprinkle the cheese mixture on top of the lettuce mixture.
4. Stir together the dressing ingredients.
5. Pour the dressing over the salad; gently toss until well coated.
6. Cover and chill for at least 1 hour to blend the flavors

## Nutrition:

 (Serving size:  $\frac{1}{4}$ <sup>th</sup> recipe)

calories: 170    protein: 4.2g    total carbohydrate: 9.3g    total fat: 13.6g  
sugars: 3.7g    sodium: 300mg    dietary fiber: 2.1g    saturated fat: 3.6g