



Greek Salad

Servings 4 | Prep time 15 mins. | Total time 15 mins.

Equipment: Cutting board, Large bowl, Small bowl

Utensils: Knife, Measuring spoons and cups, Whisk or fork

Ingredients

- 6 romaine lettuces leaves, chopped
- 1 cucumber, peeled and sliced
- 1 tomato, chopped
- 1/2 cup onion, sliced
- 1/3 cup reduced-fat feta cheese, crumbled
- 2 tablespoons olive or vegetable oil
- 2 tablespoons lemon juice
- 1 teaspoon oregano

Instructions

1. Before you begin, wash your hands, surfaces, utensils and vegetables.
2. Combine lettuce, cucumber, tomato, onion and cheese in large bowl.
3. In small bowl, use a whisk or fork to whisk together oil, lemon juice, oregano and salt to make a dressing.
4. Pour dressing over lettuce mixture and toss until coated.

Nutritional Information:

Calories 110 Total Fat 8g Sodium 160mg Total Carbs 7g Protein 4g