



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 lettuce leaves, chopped
1 cucumber, peeled and sliced
1 medium tomato, chopped
1/2 cup onion, sliced
1/3 cup crumbled feta cheese
2 tablespoons olive oil OR vegetable oil
2 tablespoons lemon juice (about 1 lemon)
1 teaspoon dried oregano

Nutritional Information:

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

Instructions

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