

Easy Greek Salad

Makes: 6 servings

While feta cheese is the star of any Greek salad, this recipe contains all of the must-have ingredients for a classic salad that is sure to please.

Ingredients

- 6** romaine lettuces leaves (torn into 1 1/2 inch pieces)
- 1** cucumber (medium, peeled and sliced)
- 1** tomato (medium, chopped)
- 1/2 cup** red onion (sliced)
- 1/3 cup** feta cheese (crumbled)
- 2 tablespoons** olive oil (extra-virgin)
- 2 tablespoons** lemon juice
- 1 teaspoon** oregano (dried)
- 1/2 teaspoon** salt

Directions

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

Source: Oregon State University Cooperative Extension Service, Healthy Recipes

Nutrition Information

Nutrients	Amount
Calories	80
Total Fat	7 g
Saturated Fat	2 g
Cholesterol	5 mg
Sodium	290 mg
Total Carbohydrate	4 g
Dietary Fiber	1 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	2 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	