

Greek Salad

You'll Need: Measuring cups, measuring spoons, a large bowl

Preparation Time: 15 minutes

Ingredients	Amounts for 6 servings
Tomatoes, chopped	4 medium sized
Peppers (red, orange, yellow, or green), chopped	2 whole
Cucumber, chopped	1 whole
Red onion, chopped	½ whole
Feta cheese, crumbled	¾ cup
Olive oil	5 tablespoons
Oregano	2 tsp
Salt and Pepper to taste	To taste
Olives for garnish	Garnish

Method:

Step 1: Cut up vegetables into chunks. Crumble feta cheese on top. Add olive oil, oregano, salt and pepper and toss to coat vegetables. Add olives for a garnish and serve.

Nutrients per Serving

Calories: 190.0 kcals

Fat: 16.0g

Sodium: 220mg

Carbohydrates: 10.0g

Fiber: 2.0g

Protein: 4.0g