

Easy Greek Salad

Serves: 6

Source: Oregon State University Cooperative Extension



Salad

6 romaine* lettuce leaves, torn into bite size pieces

1 medium cucumber, sliced

1 medium tomato, chopped

1 small red onion, sliced (about ½ cup)

1/3 cup crumbled feta cheese

1/3 cup Kalamata or black olives (optional)

Dressing

2 Tbsp. extra virgin olive oil

1 tsp dried oregano

1 Tbsp. lemon juice

1/2 tsp salt

Directions for the whole recipe

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

* Any lettuce will work in this recipe. Look for sales on red or green leaf lettuce, romaine, or butter head.

TIPS to cook for one or two

Wash and pare vegetables as directed. Plan to eat within 3 days.

Store washed lettuce separately. Use within 3 days.

Combine cucumber, tomato, and onion and store. Use within 3 days.

Prepare salad dressing and store in a small container. Use within one week.

- To prepare a single serving: Place 1 cup torn lettuce in a large bowl. Add ½-cup tomato, cucumber, onion mixture. Add 1 tablespoon cheese and 2 teaspoons dressing. Toss to combine ingredients and coat lettuce.

Nutritional Information (does not include olives)

Calories: 80

Carbohydrates: 4g

Total Fat: 7g

Cholesterol: 5mg

Saturated Fat: 2g

Dietary Fiber: 1g

Sodium: 290 mg

Protein: 2g