



# 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