

Easy Greek Salad

Ingredients:

- 6 romaine lettuce leaves, torn into 1½-inch pieces
- 1 medium cucumber, peeled and sliced
- 1 medium tomato, chopped
- ½ cup sliced red onion
- ⅓ cup crumbled feta cheese
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- 1 teaspoon dried oregano
- ½ teaspoon salt

Preparation:

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

Yields 6 (1 cup) servings

Nutritional Information Per Serving: 80 calories, 2g protein, 4g carbohydrate (1g fiber), 7g fat, 5mg cholesterol, 290mg sodium

Source: U.S. Department of Agriculture

