

Greek Salad

Makes 6 servings

- 1/3 cup olive *or* vegetable oil
- Juice of one lemon
- 2 tablespoons fresh oregano *or* 1 tablespoon dried oregano
- 4 tablespoons minced parsley
- Salt, optional
- 1 head crisp lettuce, torn into bite-sized pieces
- 1 green pepper, sliced lengthwise, seeds and membrane removed
- 2 to 3 tomatoes, cut into wedges
- 1/2 cup crumbled feta cheese
- 12 black olives
- 1 red onion, sliced and separated into rings
- 1 hard-boiled egg, sliced

Combine oil, lemon juice, and seasonings. Adjust seasonings to taste. Place lettuce, pepper, and tomatoes on individual serving plates. Divide cheese, olives, and onion slices among the plates. Garnish with egg. Pour a small amount of the oil and lemon juice mixture on each salad; serve remaining dressing separately.

Calories 21 = 0
Protein 5g
Carbohydrate 7g
Fat 19g
Sodium 310mg
Potassium 290mg

NUTRITION INFORMATION PER SERVING

Percent U.S. RDA Per Serving

Protein 8%
Vitamin A 20%
Vitamin C 60%
Thiamine 6%
Riboflavin 10%
Niacin 2%
Calcium 15%
Iron 10%
Phosphorus 10%