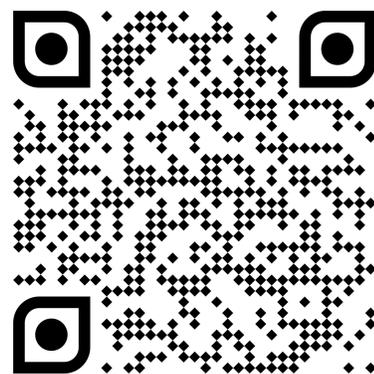




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Ingredients

- 4 tomatoes on the vine (about 1 ½ lbs)
- 2 seedless English cucumbers (about 1 ½ lbs)
- 1 small green pepper
- 1 small red onion
- 6 oz fat free feta cheese
- 2 Tbs fresh oregano (or 2 tsp dried oregano)
- ½ tsp ground black pepper (or to taste)
- 2 Tbs Olive oil
- 4 Tbs red wine vinegar

Instructions

1. Wash tomatoes, cucumbers, and green pepper.
2. Cut the tomatoes into 6-8 wedges per tomato and add to large salad bowl.
3. Peel the cucumbers. Slice lengthwise and then into ½ inch thick half-moons. Add to salad bowl on top of tomatoes.
4. Seed and thinly slice the green pepper. Add to salad bowl on top of tomatoes and cucumbers.
5. Peel and thinly slice the red onion into rings, then in half. Add to salad bowl.
6. Season with oregano and black pepper.
7. Drizzle in olive oil and red wine vinegar.
8. Crumble feta cheese on top and then toss everything together so that the flavors mix.

Serving tip: Best served as a complete and balanced meal with grilled chicken, salmon, shrimp, or chickpeas on top.

Simple Greek Salad

Tomatoes are juicy, sweet, and the major dietary source of the antioxidant lycopene, which has been linked to several health benefits including reduced risk of heart disease and cancer. Although tomatoes can be enjoyed year-round, they are at peak flavor and lowest cost in the summer.

Level: **Easy**

Yield: 6 servings

Total: 15 min

Prep: **15 min** Cook: **0 min**

Nutrition Facts per serving with 4 oz. skinless grilled chicken:

285 Calories, 7g Total Fat (2g Saturated Fat),
500mg Sodium*, 13g Carbs (3g Fiber, 6g Total Sugar),
40g Protein

*May vary depending on brand of feta cheese