

Greek Salad

Wash all vegetables first before chopping!

1. In a large bowl, add:

romaine lettuce, chopped	$\frac{1}{2}$ head
tomatoes, diced	1
cucumber, chopped	$\frac{1}{2}$ cup
red onion, thinly sliced	$\frac{1}{4}$ cup
green pepper, chopped	$\frac{1}{4}$ cup
red pepper, chopped	$\frac{1}{4}$ cup
feta cheese, crumbled	$\frac{1}{4}$ cup
olives (optional)	5

Greek Salad Dressing

In a small bowl mix:

oil	5 tbsp
vinegar	3 tbsp
garlic	1 tsp
oregano	1 tbsp
parsley	1 tsp

salt and pepper to taste

2. Pour dressing over the vegetables and toss lightly.

Serves 4

Adapted from: COOKS.COM recipe search

Courtesy of Healthy Start for Mom & Me, Winnipeg Tel: 204-949-5350 Website: www.hsम्म.ca

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