

Carla Due, Miller County Extension Agent



Greek Salad

Source: Cooking with Extension / **Yield:** 9 (½ cup) servings | 85 Calories per serving. Total fat 7g; Protein 2g; Total carbohydrate 5g; Dietary fiber 1g, Sodium 96mg.

INGREDIENTS:

- ¾ lb. tomatoes, seeded & diced (about 2 cups)
- 2 cups diced seeded peeled cucumber (1 large)
- ¼ cup pitted Kalamata olives or other black olives, halved
- ¼ cup diced red onion
- 3 tablespoons extra-virgin olive oil
- 1 ½ tablespoons red wine vinegar
- ½ teaspoon dried oregano
- ¼ cup crumbled feta cheese (about 2 ounces)

DIRECTIONS:

1. Toss first 9 ingredients in medium bowl to blend.
 2. Gently mix in cheese.
 3. Season with salt and pepper
- (Can be made 2 hours ahead. Let stand at room temperature a few minutes before serving.)