



Greek Salad

A terrific accompaniment for kebabs

Ingredients:

- 3/4 pound tomatoes, seeded, diced (about 2 cups)
- 2 cups diced seeded peeled cucumber (from about 1 large)
- 1 cup diced red bell pepper (from about 1 large)
- 1/4 cup pitted kalamata olives or other black olives, halved
- 1/4 cup diced red onion
- 3 tablespoons chopped fresh Italian parsley
- 3 tablespoons extra-virgin olive oil
- 1 1/2 tablespoons red wine vinegar
- 1/2 teaspoon dried oregano
- 1/4 cup crumbled feta cheese (about 2 ounces)

Equipment:

- Cutting board
- Sharp knife
- Medium bowl
- Vegetable peeler
- Measuring cups and spoons
- Spoon – to scoop out cucumber seeds
- Bowl
- Serving spoon
- Dish cloth/towel

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.)

Makes about 4 1/2 cups

Nutrition Facts	Amount/Serving		%DV*	
		Total Fat 7g	10%	Total Carb. 5g
Serv. size about 1/2 cup (124g)	Sat. Fat 1g	8%	Fiber 1g	6%
Servings 8	Trans fats 0g		Sugars 2g	
Calories 85	Cholest. 4mg	0%	Protein 2g	
Fat Cal. 61	Sodium 96mg	4%		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 8%	Vitamin C 70%	Calcium 4%	Iron 4%