

Gold Medal Olympic Salad

What You'll Need

Salad:

- 2 cups fresh tomato, seeded and diced
- 2 cups cucumber, peeled, seeded and diced
- 1/2 cup diced red bell pepper
- 2.2 oz. can of sliced olives
- 1/4 cup red onion, chopped
- 1 head of lettuce, romaine or red leaf, rinsed and chopped

Dressing:

- 1 tablespoon olive oil
- 2 tablespoons vinegar
- 1 teaspoon dried oregano
- 1/4 cup feta cheese, crumbled

Serves 4

Let's Cook!

- 1 Place all salad ingredients in a bowl and toss.
- 2 In a small bowl, mix all dressing ingredients together (except feta cheese) and pour over salad.
- 3 Toss salad and sprinkle feta cheese on top.

Nutrition Facts

Serving Size (290g)	
Servings Per Container 4	
Amount Per Serving	
Calories 110	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 270mg	11%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 4g	
Vitamin A 150%	Vitamin C 70%
Calcium 10%	Iron 10%

