



# Chunky Greek Salad

Switch up your regular salad with this classic Greek salad that captures all the flavours and colours of the Mediterranean. Tip: to take some of the bite away from the onions, after you chop them, soak them in a little vinegar or lemon juice.

Prep: 10 minutes • Total: 10 minutes

## Ingredients:

Cucumber	1 each	1 each
Tomato	1 each	1 each
Red onion	½ each	½ each
Light feta cheese, crumbled	2 oz	56 g
Kalamata olives, pitted	½ cup	125 mL
Olive oil	2 Tbsp	30 mL
Red wine vinegar	4 Tbsp	60 mL
Dried oregano	1 tsp	5 mL
Salt and pepper	Pinch	Pinch

## Directions:

1. Cut all vegetables into large diced chunks and place in medium sized bowl.
  2. Season with salt and pepper.
  3. Crumble feta into vegetable medley and add olives, vinegar, oil, oregano and stir.
- \*This salad will taste better the longer it sits and marinates in the vinegar.

## Nutrition Facts

Serving Size (179g)		Servings Per Container	
<b>Amount Per Serving</b>			
<b>Calories</b> 140	<b>Calories from Fat</b> 90		
<small>% Daily Value*</small>			
<b>Total Fat</b> 11g	<b>17%</b>		
Saturated Fat 2.5g	<b>13%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 5mg	<b>2%</b>		
<b>Sodium</b> 320mg	<b>13%</b>		
<b>Total Carbohydrate</b> 8g	<b>3%</b>		
Dietary Fiber 2g	<b>8%</b>		
Sugars 3g			
<b>Protein</b> 4g			
Vitamin A 4%	• Vitamin C 15%		
Calcium 8%	• Iron 6%		
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<small>Calories per gram:</small>			
Fat 9 • Carbohydrate 4 • Protein 4			

Adapted from: NutritionRx in partnership with Chef Lindsay Sferrazza

Makes 4 servings (179g / serving ) • 1 serving = 1.25 cups

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