

Greek salad



Recipe credit

Adapted from the United States Department of Agriculture

About this recipe

Serves

6

Serving size

1 cup

Time to make

15 minutes preparation

Special criteria

[Vegetarian recipes](#)

Ingredients

- 6 romaine lettuces leaves, torn into 1 1/2 inch pieces
- 1 medium cucumber, peeled and sliced
- 1 medium tomato, chopped
- 1/2 cup red onion, sliced
- 1/3 cup feta cheese, crumbled

For the Dressing

- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 teaspoon dried oregano
- 1/2 teaspoon salt

Directions

1. Combine lettuce, cucumber, tomato, onion, and cheese in large serving bowl.
2. Make the dressing. Whisk together oil, lemon juice, oregano, and salt in small bowl.
3. Pour the dressing over the lettuce mixture; toss until coated. Serve immediately.

Tips and variations

- Add sliced black, green, or Kalamata olives.
- To add protein, top the salad with grilled, baked, or roasted chicken or cooked garbanzo beans.
- Serve the salad along with hummus and pita wedges.

Nutritional info

Calories

80

Total fat

7 g

Saturated fat

0 g

Sodium

290 mg

Total carbohydrates

4 g

Dietary fiber

1 g

Protein

2 g

Allergens

Dairy

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