

Greek Salad

Ingredients

- 2 cups romaine lettuce
- 1/2 cup cherry tomatoes
- 1-1/4 cup cucumber
- 1/4 cup red onions
- 1/3 cup green bell peppers
- 1/4 cup olives
- 1/2 cup shredded mozzarella cheese, low fat

Notes

Number of Portions: 4

Serving Size: 1 cup

Nutrition Facts: 65

calories, 3.07 g fat, 1.47 g

saturated fat, 180 mg

sodium, 5.14 g

carbohydrate, 1.38 g fiber,

1.5 g sugar, 5.12 g protein

Directions

1. Chop romaine lettuce into 3/4 inch strips. Chop tomatoes, cucumber, onions, and peppers.
2. Layer salad in order of ingredients into individual bowls using 1/2 cup of romaine lettuce for each salad. Top with olives and cheese.

