Mediterranean Salad

Ingredients:

For the Dressing

- 1/3 cup olive oil
- 2 tablespoons red wine vinegar
- 1/2 teaspoon garlic, minced
- 1/2 teaspoon Italian seasoning
- Salt and pepper to taste

For the Salad

- 2 1/2 cups tightly packed salad greens
- 1/2 cup black olives, sliced
- 1 cup cherry or grape tomatoes, halved
- 1 cup cucumber, sliced
- 1/2 cup red onion, thinly sliced
- 1/4 cup feta cheese

Directions

1. For the dressing: In a small bowl, whisk together all dressing ingredients. Set aside
2. For the salad: In a large bowl, toss together all of the salad ingredients. Drizzle with the dressing and toss again to evenly coat vegetables.

Nutrition Facts

Serving Size 1 cup (265g)
Servings Per Container 4

Amount Per Serving

Calories 260	Calories from Fat 200
	% Daily Value*
Total Fat 22g	**34%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 270mg	**11%**
Total Carbohydrate 9g	**3%**
Dietary Fiber 3g	**12%**
Sugars 5g	
Protein 4g	

Vitamin A 30% • Vitamin C 30%

Calcium 8% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4