Dinner, Mediterranean

Crunchy Greek Salad with Tangy Vinaigrette

Crisp romaine lettuce, cool cucumber and juicy tomato meet briny Kalamata olives and thin slices of red onion in this quick Greek-style salad. A drizzle of red wine vinaigrette ties all the fresh flavours together.



Nut free

15 min	100	7 g	4 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 3 cup romaine lettuce (chopped)
- [ ] 1/4 med red onion (thinly sliced)
- [ ] 1/2 med cucumber(s) (cut into half moons)
- [ ] 1 med tomato(es) (halved then thinly sliced)
- [ ] about 8 olives Kalamata olives (pitted)
- [ ] 1/4 cup red wine vinaigrette

Method

- [ ] **1** Place the chopped romaine lettuce in a large bowl and add the thinly sliced red onion, cucumber half moons, sliced tomato and pitted Kalamata olives.
- [ ] **2** Toss the vegetables together until they are evenly combined.
- [ ] **3** Drizzle the red wine vinaigrette over the salad.
- [ ] **4** Toss once more so every piece is lightly coated in the dressing.

Nutrition Facts

Per serving

Calories	**100**
Total fat	8 g
Saturated fat	1 g
Sodium	125 mg
Total carbs	7 g
Fiber	1 g
Total sugars	4 g
Protein	1 g

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