

EASY GREEK SALAD

SERVES 6

This is a classic take on the Greek salad. The different flavors will send a rush to your taste buds. It is so crisp and fresh!

INGREDIENTS

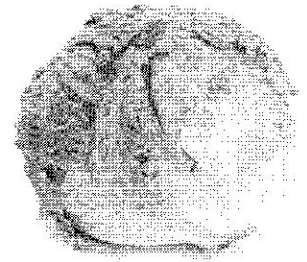
- | | |
|--|--|
| 6 romaine lettuce leaves (torn into 1 ½ inch pieces) | 2-tablespoons olive oil (extra-virgin) |
| 1 cucumber (medium, peeled and sliced) | 2-tablespoons lemon juice |
| 1 tomato (medium, chopped) | 1 teaspoon oregano (dried) |
| ½ cup red onion | ½ teaspoon salt |
| 1/3-cup feta cheese | |

DIRECTIONS

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

Source: Oregon State University Cooperative Extension Service, Healthy Recipes.

NUTRITIONAL INFO: Serving Size 1 cup, Calories: 80 Fat: 7 grams (g), Sodium: 290 milligrams (mg), Protein: 2 grams (g).



Get Active

Move your body for 30 minutes every day.

Make it family time; go for a family walk or to the park.

Getting kids active is an important part of their life; get the kids outside whenever possible.

Get children involved with team sports. Not only do they get exercise, they make friends in the meantime.

Being active is not only good for you, but you feel great afterwards.

SIMPLY GOOD EATING



UNIVERSITY OF MINNESOTA | EXTENSION

Printed on recycled and recyclable paper with at least 10 percent postconsumer waste material. This material is funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income.