

Greek Salad



10 minutes preparation



14 serves of vegetables

INGREDIENTS

- 1 cucumber, peeled, seeded and cubed
- ½ red onion, sliced
- 4 ripe tomatoes, cut into wedges
- 12 black olives
- 125g reduced-salt feta cheese, diced
- 1 spring onion, sliced
- 2 handfuls English spinach leaves, washed and drained
- 2 tablespoons parsley, chopped
- 1/2 cup reduced-fat Greek salad dressing



DIRECTIONS

Combine ingredients in a serving bowl and mix well. Serves 6.

VARIATION

Add 185g can tuna in brine, drained

SERVING SUGGESTION

Serve as an accompaniment to any grilled or barbecued meats, fish or chicken.

WHAT IS A SERVE?

Fruit



1 medium piece
(e.g. apple)



2 small pieces
(e.g. apricots)



1 cup chopped
or canned fruit

Vegetable



1/2 cup cooked
vegetables or cooked
legumes



1 medium
potato



1 cup salad
vegetables



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FRUIT VEG



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