



## Greek Salad Recipe



### Basic Ingredients (4 servings/4 cups)

1 dry onion, thinly sliced  
1 big cucumber, thinly sliced  
2 big tomatoes, cut into bite-size pieces  
1 Green Pepper, cut in thin circle shaped slices  
200 grams Feta cheese 8 black olives  
¼ teaspoon dry oregano  
½ teaspoon salt  
2 tablespoons vinegar  
4 tablespoons olive oil

### Variation Ingredients

Yellow & Orange Peppers  
Green olives  
Capers

### Directions

Cut the ingredients. Add seasoning.  
Chill 5 minutes before serving.

### Nutritional values per serving

Provided by P. Tilelis, Executive Coordinator of  
Fitness-Nutritionist, Office of Athletics  
Recipe: Sophie Themelis, Wellness Coordinator,  
Pilates Instructor, ACG Health & Wellness Center

Energy: 308 calories  
Total fat: 25 g  
Cholesterol: 44 mg  
Sodium: 931 mg  
Total carbs: 12g  
Dietary fiber: 3 g  
Protein: 12 g