

American Greek Salad

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/low-fat-greek-salad-recipe>

Ingredients:

- 1/4 cup vinaigrette dressing purchased
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons lemon juice
- 2 teaspoons capers
- 1 teaspoon juice caper
- 1/2 teaspoon dried oregano
- 3 cups romaine lettuce broken into bite sized pieces, washed and dried
- 1 cup cucumber cut into bite sized pieces
- 1 cup tomatoes cut into bite sized pieces
- 1/4 cup green pepper cut into thin slivers
- 1/4 cup purple onion cut into thin slivers
- 1/4 cup kalamata cut in half if desired, I like pitted olives for this
- 1/4 cup feta cheese crumbles

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 10 milligrams
4. Fat: 6 grams
5. Fiber: 2 grams
6. Protein: 3 grams
7. SaturatedFat: 2 grams
8. Sodium: 230 milligrams
9. Sugar: 6 grams

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