

Chopped Greek Antipasto Salad

Yield: 4 min
Total Time: 15 min

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

Ingredients:

- 1/2 bibb lettuce a small head, chopped
- 1/4 cup basil leaves chopped
- 15 ounces low sodium garbanzo beans drained and rinsed
- 14 ounces artichokes halved
- 4 ounces feta cheese cubed
- 1 pint grape tomatoes halved
- 1 English cucumber chopped, about 1 cup
- 1/2 cup sliced black olives
- 3 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1 tablespoon lemon juice about 1/2 lemon
- 1 tablespoon water
- 1 tablespoon fresh oregano chopped
- 1 teaspoon honey
- 1 garlic clove minced
- 1/4 teaspoon black pepper
- 1/8 teaspoon salt

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 25 milligrams
4. Fat: 18 grams
5. Fiber: 7 grams
6. Protein: 9 grams
7. SaturatedFat: 6 grams
8. Sodium: 640 milligrams
9. Sugar: 7 grams

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