

Asparagus Greek Chopped Salad

Yield: 4 min
Total Time: 22 min

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

Ingredients:

- 1/2 pound asparagus
- 1 tablespoon olive oil
- salt and ground black pepper
- 1 cup cherry tomatoes cut in half
- 1/2 red onions medium, sliced
- 1 cup yellow bell pepper chopped
- 1 cup cucumber chopped
- 1 cup Kalamata olives
- 1 tablespoon feta cheese chopped
- 1 tablespoon lemon juice freshly squeezed
- 2 tablespoons extra virgin olive oil
- 1 clove garlic minced
- salt
- fresh ground black pepper

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 5 milligrams
4. Fat: 14 grams
5. Fiber: 3 grams
6. Protein: 3 grams
7. SaturatedFat: 2 grams
8. Sodium: 520 milligrams
9. Sugar: 4 grams

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