

GREEK SALAD DIP

Yield: 6 min
Total Time: 20 min

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

Ingredients:

- 1 cup French lentils cooked
- 3 Persian cucumbers
- 2 Roma tomatoes or something similar
- 1/2 red bell pepper seeds and ribs removed
- 1/3 cup red onion minced
- 1/2 cup Kalamata olives chopped
- 1/4 cup flat-leaf parsley fresh chopped
- 3 tablespoons oregano leaves fresh chopped
- 1/2 teaspoon sea salt
- 1 pinch red pepper flakes
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon white wine vinegar
- 3/4 cup crumbled feta cheese to taste

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 15 milligrams
4. Fat: 10 grams
5. Fiber: 13 grams
6. Protein: 13 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 510 milligrams
9. Sugar: 5 grams

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