

Serves 4

## Ingredients

- 3 tomatoes
- ½ red onion
- 1 Lebanese cucumber
- 1 cup of lettuce mix
- 2 tablespoons pitted Kalamata olives
- 100g reduced fat feta cheese

## Dressing

- 1 tablespoon extra-virgin olive oil
- 1 teaspoon balsamic vinegar
- ½ teaspoon dried oregano



## Method

1. Chop tomatoes. Finely slice onion. Slice cucumber. Roughly tear lettuce.
2. Combine vegetables and feta in a bowl.
3. To make the dressing, whisk together the olive oil, balsamic vinegar and oregano in a small bowl.
4. Drizzle salad with the dressing and serve immediately.

NUTRITION INFORMATION		
Servings per recipe: 4		
Average serving size: 193g		
	Per serve	Per 100g
Kilojoules (kJ)	584	303
Protein (g)	8.1	1.2
Total fat (g)	9.3	4.8
- Saturated fat (g)	5.6	2.9
Carbohydrates (g)	4.1	2.1
- Sugars (g)	3.9	2.0
Fibre (g)	2.6	1.3
Sodium (mg)	417	216

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines.