

# HEALTHY COOKING

## ▶ GREEK SALAD



SERVES 1

### INGREDIENTS

- ▶ 60g feta, broken into pieces
- ▶ 2 cups fresh baby spinach leaves
- ▶ 75g (5cm piece) cucumber, cut into thick half rounds
- ▶ 6 kalamata olives
- ▶ 1 tomato cut into wedges
- ▶ ¼ red onion, sliced into thin rings
- ▶ 10ml basic dressing (find this recipe on our website)

Assemble salad on a large plate, drizzle with dressing and serve.

**Each serving:**

**Protein: 8g | Carbohydrate: 6.6g**