

Greek Romaine Salad



Serves 6

Ingredients:

- ½ head romaine lettuce, chopped
- 5 small tomatoes, chopped
- 1/3 cup fresh lemon juice
- 1 clove garlic, minced
- ½ tsp black pepper
- 2 tbsp extra virgin olive oil
- 10 Greek olives, finely chopped
- 3 tbsp feta cheese, crumbled

Procedure:

- In a large bowl, toss the lettuce and tomatoes.
- To make a dressing, mix the lemon juice, garlic, black pepper, and olive oil in a small jar.
- Add the dressing to the lettuce and tomatoes, and toss lightly to combine.
- Top with the chopped olives and crumbled feta cheese.

Per serving:

- Calories: 93
- Protein: 2 gm
- Carbohydrates: 5 gm
- Fat: 7 gm

Add a slice of 7-grain bread and make a light but fulfilling meal that can be used either for lunch or dinner.