



Mediterranean Salad

Serves 4 | Serving Size: 1 cup

Ingredients

- ¼ chopped lettuce head
- ½ chopped cucumber
- 1 can of chickpeas, drained
- ½ onion
- ¾ cup crumbled feta cheese
- ½ cup of olives (any kind)
- 3 Tablespoons of olive oil
- 2 Tablespoons of red wine vinegar
- Salt and pepper to taste
- Pita bread/chip or flatbread (optional)

Instructions

1. Prepare your ingredients: chop lettuce, cucumbers and onion. Drain cans (chickpeas, olives).
2. In a large bowl, toss all the vegetables with the olive oil and red wine vinegar.
3. Sprinkle feta crumbles and season with salt and pepper to taste.



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