



Nutrition TEAM

with Kim Ross

Twisted Greek Salad

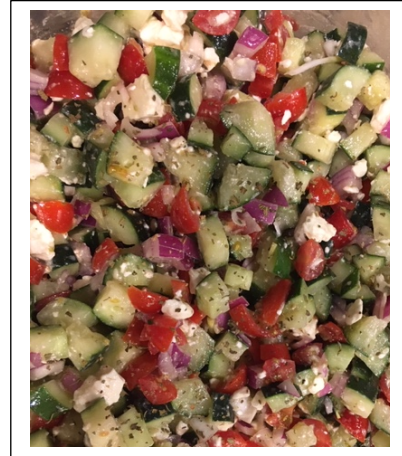
This is the perfect light and refreshing side dish for any summer meal. I love that it travels well and is healthy.

Serves 6-8

Total time: 10-15 minutes

Ingredients:

- 2 cucumbers, diced (skin on)
- 1 small red onion, diced
- 15 cherry tomatoes, quartered
- ½ cup Feta cheese, crumbled
- 1 tsp red wine vinegar
- ¼ cup olive oil
- ¼- ½ cup Kalamata olives, quartered
- Squeeze lemon juice
- Salt and pepper to taste
- Fresh basil



Directions:

1. Combine cucumbers, red onion, tomatoes, olives and feta cheese in a medium sized bowl. (you can add more of these veggies if you would like)
2. Add in red wine vinegar, olive oil, squeeze of lemon, salt and pepper. Mix well
3. Sprinkle with fresh basil.

Note:

You could also add black beans and grilled chicken to make this a more complete meal served with brown rice or quinoa.

Nutritional Value

101.8 Calories 8.875g Fat 4.55g Total carbs 1.15g Fiber 3.4g Net carbs 2.05g Protein

***About the Contributor:** Nicole Brooker earned her Master's degree in Applied Clinical Nutrition from New York Chiropractic College in August 2018. Nicole is passionate about nutrition education, GI health and disease prevention. She is currently an adjunct professor at Columbia International University where she developed and wrote the curriculum for a Health and Nutrition Minor. She is currently earning clinical hours toward the Certified Nutrition Specialist (CNS) credential under Kim Ross's supervision.*