

GREEK CUCUMBER SALAD

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 10 (Serving= 1 cup)

Nutrition (per serving)

Calories: 130

Total Fat: 9 g

Saturated Fat: 3 g

Sodium: 350 mg

Total Carbohydrate: 9 g

Dietary Fiber: 3 g

Total Sugars: 4 g

Added Sugars: 1 g

Protein: 3 g

PREP TIME: 20 min



Ingredients

Dressing

- 3 Tablespoons extra-virgin olive oil
- 1 ½ Tablespoons fresh squeezed lemon juice
- 1 Tablespoon red wine vinegar
- 2 teaspoons granulated white sugar

Salad

- 5 cups thinly sliced cucumbers
- 1 cup thinly sliced red onion
- 1 ½ cups halved cherry tomatoes
- 1 ½ teaspoons Italian seasoning
- ½ teaspoon garlic powder
- 1/8 teaspoon ground black pepper
- 5 ounces (1 ¼ cups) crumbled feta cheese
- 2 - 2.25 ounce cans drained and rinsed, sliced black olives

- ½ cup chopped pepperoncini peppers
- ½ cup chopped artichoke hearts
- Fresh flat leaf parsley, roughly chopped as garnish

Directions

1. Whisk dressing ingredients together in a small bowl.
2. Combine salad ingredients together in a large bowl. Add dressing and toss to combine.
3. Top with chopped parsley for garnish.