

Classic Greek Salad



Ingredients:

- 1 cup of cherry tomatoes, halved
- 3 cups of baby spinach
- 1 cup kale leaves, chopped (optional)
- 1/2 cup Kalamata olives
- 1/4 cup low-fat feta cheese
- 4 tablespoons olive oil

Directions:

1. Place tomatoes, greens and olives in large bowl.
2. Crumble feta cheese on top.
3. Drizzle olive oil then mix well before serving.

Makes 3 Servings



Tarrant County Public Health
<http://health.tarrantcounty.com>