



## HEALTHY GREEK SALAD

### Ingredients:

1/3 cup olive oil (less 3 tablespoons replace with 3 tablespoons of flaxseed oil)  
1/3 cup red wine vinegar  
Juice of 1/4 lemon  
1 tbsp dried oregano powder  
1 tsp salt  
3 tomatoes - firm and diced large or wedges  
1 English cucumber - sliced large and halved  
2 peppers (yellow or orange)  
1 small red or white onion  
1 cup feta cheese, crumbled  
8 tbsp of feta cheese water  
1 cup black olives  
2 tbsp of black olive brine

### Instructions:

Make the dressing by mixing the oils, vinegar, lemon juice, oregano, salt, feta water and olive brine. Let the dressing marinate for at least 20 minutes.

Put all chopped veggies in a large bowl.

Toss the salad dressing in a large bowl with the chopped vegetables, cheese and olives. To make it a meal, add romaine lettuce, kale or your favourite pasta or grilled fish - chicken!



### Nutrition Info:

The often overlooked simplicity of the Greek Salad is our go-to healthy staple when it comes to side dishes and potluck contributions. With as little as 10 ingredients you can make a salad loaded full of vitamins, minerals and healthy fats.

The inclusion of its main ingredients - tomatoes, peppers, red onion, cucumber, olives, feta and healthy oils is a great way to increase the nutrition of your salad by adding key vitamins and minerals.

By adding as little as one cup of tomatoes to this salad will provide 24.7 mg of vitamin C and 1,499 IU of vitamin A. Toss in those cucumbers because they are a healthy source of potassium with just 8 calories per 1/2-cup serving. Red onion provides additional vitamin A and C, as well as a small amount of fibre.

Feta Cheese not only adds tremendous taste and texture to your Greek salad but is also very nutritious. While it is healthy, it also contains about 6 g of fat per 1 oz. serving. The good news is that 1 oz. will supply you with 140 mg of calcium, 0.82 mg of zinc and 120 IU of vitamin A along with trace amounts of potassium, magnesium and B vitamins.

Kalamata olives - this tasty, dark fruit (yes they are a fruit!) are also one of the healthiest in the world. They contain high levels of powerful polyphenols, antioxidants, and healthy fats.

Olive oil - The FDA says eating 2 tablespoons of olive oil a day may reduce the risk of heart disease, due to its monounsaturated fat content. Extra virgin olive oil also contains polyphenols which act as antioxidants, and Omega-3 and Omega-6 fatty acids. Vitamin E is also found in extra virgin olive oil.

Flaxseed oil is loaded with healthy omega-3s, fatty acids that have been associated with healthier brains and hearts, better moods, decreased inflammation, and healthier skin and hair.

Without healthy fats in our diets, we wouldn't be able to absorb vitamins A, D, E or K without fat in our diets.