

# GREEK SALAD WITH CALIFORNIA SUN DRIED TOMATO DRESSING



## NUTRITION:

CALORIES: 587kcal | CARBOHYDRATES: 40g | PROTEIN: 12g | FAT: 44g | SATURATE FAT: 8g | POLYUNSATURATED FAT: 5g | MONOUNSATURATED FAT: 28g | CHOLESTEROL: 17mg | SODIUM: 1085mg | POTASSIUM: 988mg | FIBER: 6g | SUGAR: 7g | VITAMIN A: 1525mg | VITAMIN C: 55mg | CALCIUM: 158mg | IRON: 4mg



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LUNCH/DINNER

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**SERVES**

2



**METHOD**

Bowl



**PREP TIME**

10 Min



**COOKING TIME**

0 Min



**DIFFICULTY**

Low

## INGREDIENTS:

- 5 cups mixed greens
- 1 cup cooked quinoa
- 1/2 cup red onion (thinly sliced)
- 1/2 cup cucumber (halved and thinly sliced)
- 1/4 cup Kalamata olives
- 1/4 cup olive oil
- 3 tablespoons fresh squeezed lemon juice
- 10 ounce can tri-color salad ready tomatoes
- 1/4 cup crumbled feta cheese
- 1/4 cup sun dried tomato dressing

## INSTRUCTIONS:

In a large bowl, toss the mixed greens, quinoa, red onion, cucumber and olives together. Add the olive oil and fresh squeezed lemon juice, toss to combine. Top the salad with the tri-color tomatoes and feta cheese. Drizzle the sun dried tomato dressing over the salad and serve. (Note: omit the feta cheese to make the salad vegan.)



Recipe and photography by Whitney Bond, [whitneybond.com](http://whitneybond.com)