



Greek Salad

Greek Salad FAST

Most supermarkets carry pitted kalamata olives—a huge timesaver for a busy cook.

Start to Finish: 15 minutes **Makes:** 6 side-dish servings

- 6 cups torn mixed salad greens or romaine
- 2 medium tomatoes, cut into wedges, or 8 cherry tomatoes, halved
- 1 small cucumber, halved lengthwise and thinly sliced
- 1 small red onion, cut into thin wedges
- ½ cup pitted kalamata olives
- ½ cup crumbled feta cheese (2 ounces)
- 1 recipe Greek Vinaigrette
- 2 small pita bread rounds, cut into wedges (optional)

1. In a salad bowl combine salad greens, tomato, cucumber, onion, olives, and feta cheese. Add Greek Vinaigrette; toss to coat. If desired, serve with pita bread wedges.

Greek Vinaigrette: In a screw-top jar combine 2 tablespoons olive oil or salad oil; 2 tablespoons lemon juice; 2 teaspoons snipped fresh oregano or ½ teaspoon dried oregano, crushed; ½ teaspoon salt; and ¼ teaspoon black pepper. Cover and shake well. Makes about ¼ cup.

Per ¼ cup: 105 cal., 8 g total fat (2 g sat. fat), 8 mg chol., 286 mg sodium, 7 g carbo., 2 g fiber, 2 g pro.
Daily Values: 12% vit. A, 19% vit. C, 7% calcium, 3% iron
Exchanges: 1½ Vegetable, 1½ Fat

Marinated Cucumbers

LOW FAT EASY

For added color and flavor, stir in 1 cup halved cherry tomatoes and 1 medium green, red, or yellow sweet pepper, cut into strips.

Prep: 15 minutes **Chill:** 4 hours

Makes: 6 side-dish servings

- 2 tablespoons vinegar
- 2 tablespoons salad oil
- ½ teaspoon sugar
- ½ teaspoon salt
- ¼ teaspoon celery seeds
- 1 large cucumber, peeled (if desired), halved lengthwise, and thinly sliced (3 cups)
- 1 small onion, thinly sliced (about ½ cup)

1. For marinade, in a covered nonreactive container combine vinegar, oil, sugar, salt, and celery seeds. Add cucumber and onion; toss to coat. Cover and chill for at least 4 hours or up to 3 days, stirring occasionally.

Per ½ cup: 54 cal., 5 g total fat (1 g sat. fat), 0 mg chol., 195 mg sodium, 3 g carbo., 1 g fiber, 0 g pro.
Daily Values: 1% vit. A, 3% vit. C, 12% calcium, 1% iron
Exchanges: ½ Vegetable, 1 Fat

Creamy Cucumbers LOW FAT EASY

Sour cream makes these cucumbers rich in flavor. Dill adds extra freshness.

Prep: 15 minutes **Chill:** 4 hours

Makes: 6 side-dish servings

- ½ cup dairy sour cream (or plain yogurt)
- 1 tablespoon vinegar
- ½ teaspoon salt
- ¼ teaspoon dried dill (McCormick. Dill weed also works)
- ¼ dash black pepper
- 1 large cucumber, peeled (if desired), halved lengthwise, and thinly sliced (3 cups)
- ½ cup thinly sliced onion (about half of 1 small)

1. In a medium nonreactive bowl combine sour cream, vinegar, salt, dill, and pepper. Add cucumber and onion; toss to coat. Cover and chill for 4 hours or up to 3 days, stirring occasionally. Stir before serving.

Per ½ cup: 45 cal., 3 g total fat (2 g sat. fat), 7 mg chol., 204 mg sodium, 3 g carbo., 1 g pro.
Daily Values: 3% vit. A, 3% vit. C, 3% calcium, 1% iron
Exchanges: ½ Vegetable, ½ Fat

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