


Think you're  
getting enough  
vegies?  
Cut it out.



## GREEK SALAD

 10 minutes preparation

 **Provides 2 serves of vegies per person**  
Serves 6 people

- 1 cucumber, peeled, seeded and cubed
- ½ red onion, sliced
- 4 ripe tomatoes, cut into wedges
- 12 black olives
- 125g reduced-fat feta cheese, diced
- 1 spring onion, sliced
- 2 handfuls English spinach leaves, washed and drained
- 2 tablespoons parsley, chopped
- ½ cup reduced-fat Greek salad dressing

Combine ingredients in a serving bowl and mix well.

A great accompaniment to any grilled or barbecued meats, fish or chicken. For variation add 185g can tuna in brine, drained.

For more information visit:  
[www.gofor2and5.com.au](http://www.gofor2and5.com.au)



An Australian Government, State and Territory health initiative.

