

Mediterranean Summer Salad

8 servings, 3/4 cup each



Nutrition Facts

Serving Size 3/4 cup	
Servings Per Container 8 Servings	
Amount Per Serving	
Calories 110	Calories from Fat 10
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	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 4g	
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Vitamin A 6%	• Vitamin C 30%
Calcium 2%	• Iron 2%

Ingredients

- 2 tablespoons lemon juice
- 2 tablespoons red wine vinegar
- 1 1/2 teaspoons olive oil
- 1 teaspoon salt
- 1/4 teaspoon ground pepper
- 1 teaspoon minced garlic
- 2 tablespoons chopped parsley
- 2 cups chopped fresh vegetables (tomatoes, red onion, cucumber, bell peppers, or any other)
- 4 cups cooked grains (couscous, brown rice, quinoa, OR barley)
- 1 tablespoon crumbled feta cheese

Directions

1. Combine lemon juice, vinegar, olive oil, salt and pepper. Set aside.
2. Combine garlic, parsley, and vegetables in a bowl; add grains, cheese and dressing.
3. Refrigerate for 2-3 hours before serving.

Meal Idea

Serve with grilled chicken or fish and a green salad.

Cost: \$2.88 per recipe, \$.36 per serving

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