

# CUCUMBER GREEK SALAD

Cucumber Greek Salad

*Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 8 (Serving= 1 cup)*

## **Nutrition (per serving)**

Calories: 150	Total Carbohydrate: 8
Total Fat: 12 g	Dietary Fiber: 1 g
Saturated Fat: 3 g	Total Sugars: 3 g
Sodium: 409 mg	Protein: 5 g

## **Ingredients**

### *Dressing*

- 3 Tablespoons extra-virgin olive oil
- 1 ½ Tablespoons fresh squeezed lemon juice
- 1 Tablespoon red wine vinegar
- 1 teaspoon granulated sugar

### *Salad*

- 2 large cucumbers, spiralized and patted dry (about 5 cups)
- 6 ounces crumbled feta cheese

- ½ teaspoon garlic powder
- ½ teaspoon Italian seasoning
- 1/8 teaspoon ground black pepper

- 1 cup thinly sliced red onion
- 1 cup quartered cherry tomatoes

- 2 - 2.25 ounce cans drained and rinsed, sliced black olives
- ½ cup pepperoncini pepper slices

- Fresh flat leaf parsley, roughly chopped as garnish

### **Directions**

1. Whisk dressing ingredients together in a small bowl.
2. Combine salad ingredients together in a large bowl (except parsley), add dressing and toss to combine.
3. Top with chopped parsley for garnish.