

Strawberry, Feta, Mint Salad FIT

Serving size: 1/2 cup

Makes 9 servings

- 2 ½ cups English Cucumber, diced
- ¼ cup Red Onion, julienned
- 2 lbs Strawberries, fresh quartered
- ½ cup Mint, fresh chopped
- ½ cup Parsley, fresh chopped
- ½ cup Feta, crumbled
- ¼ cup Olive Oil
- 2 TBSP White Balsamic Vinegar
- 1/3 tsp Black Pepper

Preparation:

1. Place cucumber, onion and strawberries in a large bowl with herbs and feta.
2. In a separate bowl, whisk together olive oil, white balsamic vinegar, and pepper.
3. Pour dressing over salad and gently toss to mix.



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Recipe

NUTRITION FACTS PER SERVING

calories	120
total fat (g)	8
saturated fat (g)	2
trans fat (g)	0
sodium (mg)	100
total carbohydrate (g)	10
dietary fiber (g)	3
sugar (g)	5
protein (g)	2