



Mediterranean Salad

SERVING: 1/6 RECIPE
YIELD: 6

PREP TIME: 20 MINS
TOTAL TIME: 20 MINS

Ingredients

- 1/4 cup freshly squeezed lemon juice (about 2 lemons)
- 3 tbsp Extra Virgin Olive Oil
- 1 tsp Minced Garlic
- 1/4 tsp Salt
- 1/4 tsp Black Pepper
- 1 medium Cucumber, chopped
- 1/2 medium Red Onion, chopped
- 1 medium Bell Pepper (color of your choice)
- 1 pint Cherry Tomatoes, halved
- 1/4 cup Fresh Parsley, roughly chopped
- 1/2 cup Sliced Kalamata Olives
- 1/2 cup Crumbled Feta Cheese

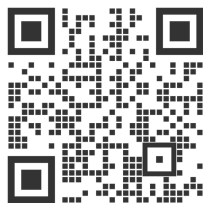
Nutrition Facts

6 servings per container	
Serving size	1/6 (0.0g)
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 280mg	12%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 0.9mg	6%
Potassium 120mg	2%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Directions

1. Using a large bowl, combine extra virgin olive oil, lemon juice, garlic, salt and pepper.
2. Chop cucumbers, onion, and bell peppers. Slice in halve cherry tomatoes. Roughly chop parsley.
3. Add the diced veggies and olives to a large bowl. Mix together and let the Mediterranean salad sit for 10-15 minutes before serving at room temperature or lightly chilled.
4. Top with feta cheese. Enjoy!

*Cost information includes lower cost ingredients found at local grocery store 06/07/23.



Cost Per Recipe	Cost Per Serving
\$8.22	\$1.37

Mediterranean-style diet

This factsheet describes how to follow a Mediterranean-style diet for good health.

What is a Mediterranean-style diet?

A Mediterranean-style diet comes from the traditional eating pattern of people from countries bordering the Mediterranean Sea. These include Greece, Italy and Spain.

This diet is based on healthy whole foods and includes very few processed foods.

A Mediterranean-style diet is based on these foods:

- vegetables
- fruits
- extra virgin olive oil
- wholegrain breads and cereals
- legumes or beans (e.g. chickpeas, kidney beans or lentils)
- nuts and seeds
- fish and seafood
- onion, garlic and other herbs and spices (e.g. oregano, coriander, cumin etc.)

Can I include meat and dairy foods?

Yoghurt, cheese, milk and lean protein sources such as chicken, turkey or eggs are also eaten in a Mediterranean-style diet. Red meats and sweets are only eaten in small amounts. Processed meats (deli meats, bacon, ham, corned meats, salami or sausages) and packaged foods should be limited to rare occasions.

Can I drink alcohol?

Wine (especially red wine) is a traditional part of a Mediterranean-style diet. For people who choose to drink alcohol, wine is only consumed in small amounts and with meals.

Other eating tips in a Mediterranean-style diet

Following a Mediterranean-style diet is not just about what foods you eat but also about *how* you eat them:

- Try preparing fresh foods
- Ideally share your meals with friends or family
- Eat meals and snacks without distractions (e.g. not in front of the TV or at your desk)
- Eat slowly so that the taste and flavour can be appreciated

Why is a Mediterranean-style diet healthy?

The Mediterranean-style diet is healthy because:

- it has a good balance of healthy fats
- it is high in fresh foods and has lower levels of highly processed foods
- It is high in fibre. This makes the diet filling without providing excess calories
- It is high in antioxidants and can reduce inflammation in the body

These benefits are related to following a Mediterranean-style eating pattern as a whole, not from single foods or nutrients.

Following a Mediterranean-style diet can help people with:

- heart disease
- type 2 diabetes
- fatty liver disease
- chronic kidney disease
- depression or anxiety

This style of eating can also help to prevent people from developing the conditions listed above, as well as:

- some cancers, including bowel cancer
- cognitive decline, including dementia