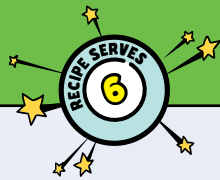


Cool Cucumber Salad



Add the dressing just before serving to keep the salad crunchy and fresh.



Ingredients

- ½ iceberg lettuce
- 1 cucumber
- 1 red capsicum
- ¼ red onion
- 1 punnet cherry tomatoes
- ⅓ cup sliced black olives
- 200g reduced fat feta cheese

Dressing:

- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- ½ teaspoon dried oregano

Equipment

- Knife, chopping board, large bowl, large spoon, small bowl, measuring cups, measuring spoons, fork



1. Chop lettuce, cucumber and capsicum into small pieces. Finely slice red onion. Slice cherry tomatoes in half.



2. In a large bowl mix together lettuce, cucumber, capsicum, onion and tomatoes. Add olives and stir well.



3. In a small bowl combine 2 tablespoons of olive oil, 1 tablespoon of vinegar and ½ teaspoon of oregano. Stir with a fork until well combined.



4. Pour dressing over the salad and mix well.



5. Chop feta into bite-sized chunks and spread over the top of the salad.

