

Tossed Greek Salad



Hands-On Prep 15 MIN

Cook NONE

Serves 4

1 To make the dressing, combine the broth, oil, vinegar, oregano, garlic, salt, and ground pepper in a small bowl. Let stand until the flavors are blended, about 5 minutes. Discard the garlic clove.

2 Meanwhile, combine the lettuce, cucumber, bell pepper, tomato, dill, and olives in a large bowl. Pour the dressing over the salad; toss to coat. Top with the anchovies, sprinkle with the cheese, and serve at once.

PER SERVING (2½ cups): 128 Cal, 10 g Fat, 4 g Sat Fat, 0 g Trans Fat, 17 mg Chol, 449 mg Sod, 7 g Carb, 3 g Fib, 4 g Prot, 134 mg Calc. **POINTS** value: 3.

Make It Core If you're following the **Core Plan**, skip the anchovies and use fat-free feta cheese.

¼ cup reduced-sodium vegetable broth
4 teaspoons olive oil
1 tablespoon red-wine vinegar
1½ teaspoons dried oregano
1 garlic clove, bruised
¼ teaspoon salt
¼ teaspoon freshly ground pepper
1 head red-leaf lettuce, torn into bite-size pieces (6 cups)
1 cucumber, peeled, seeded, and chopped
1 green bell pepper, seeded and cut into ½-inch strips
1 tomato, cut into 8 wedges
¼ cup chopped fresh dill
10 small black olives, pitted and sliced
4 anchovies, rinsed and chopped
½ cup crumbled feta cheese