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# GREEK SALAD WRAPS

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Nut-Free, Egg-Free, Vegetarian

**Yield:** 4 servings    **Total time:** 15 minutes



## D'LISH

### Ingredients

- 1 large cucumber, chopped
- 1 large tomato, chopped
- 1/2 cup spinach, chopped
- 1 (2.25-oz) can sliced olives, drained
- 1/4 red onion, diced
- 2 tbsp olive oil
- 1 tbsp red wine vinegar OR lemon juice
- 1/4 tsp black pepper
- 1/4 tsp salt
- 1/2 cup (2oz) feta cheese, crumbled
- 4 whole-wheat wraps or tortillas
- Optional: fresh mint, chopped

### Directions

1. Prep ingredients: wash and chop cucumber, tomato, onion and mint. Drain olives. Set ingredients aside.
2. In a large bowl, mix together the cucumber, tomato, spinach, olives, onion and mint until well combined.
3. In a small bowl, whisk together the oil, vinegar, pepper and salt. Drizzle the dressing over the salad and mix.
4. With a knife, spread the feta cheese evenly over the four wraps. Spoon a quarter of the salad filling down the middle of each wrap.
5. Fold up each wrap: Start by folding up the bottom, then fold one side over and fold the other side over the top. Repeat with the remaining wraps and serve.

### Grocery List

- Cucumber
- Tomato
- Spinach
- Black olives
- Red onion
- Olive oil
- Red wine vinegar
- Black pepper
- Salt
- Feta cheese
- Whole-wheat wraps
- Fresh mint

### Kitchen Equipment

- Cutting board
- Chef's knife
- Measuring spoons & cups
- Vegetable peeler
- Can opener
- Colander
- Mixing bowls & spoons
- Whisk

Per serving: Calories: 262; Total Fat: 15g; Saturated Fat: 5g; Sodium: 529mg; Total Carbohydrates: 23g; Fiber: 4g; Protein:7g

### Ingredient/Prep tip

- May add protein to this wrap like chicken, falafel, tofu, chickpeas
- Can substitute feta cheese for goat cheese
- Can substitute spinach for other leafy greens like romaine, arugula, kale
- Red onion and olives are optional. If you don't care for these ingredients try adding bell peppers, artichokes, zucchini

### Nutrition Information

- Greek salad is made up of the leafy greens, tomatoes, onions and cucumbers. These are low-calorie and nutrient-dense foods to include in your daily diet. These ingredients provide you with fiber, a healthy dose of vitamins A and C, as well as potassium and iron. They also contain phytonutrients and antioxidants, which are beneficial compounds that help protect your health, as well as reduce your risk of health problems such as diabetes and heart disease.
- Most versions of Greek salad contain either black or kalamata olives, each of which is a healthy source of unsaturated fat. A diet that includes healthy unsaturated fats might help you reduce your risk of heart disease.

### Notes