

## MEDITERRANEAN SALAD

### *Ingredients:*

3 cups salad greens  
¼ cup kalamata olives, pitted  
¾ cup cherry tomatoes, halved  
1 small red onion, diced  
½ cup radicchio, chopped  
½ cup feta cheese  
1 cup cooked fusili pasta

### *The dressing:*

3 Tbsp olive oil  
1 Tbsp balsamic vinegar  
1 tsp lemon juice  
1 tsp dry basil

### *Instructions:*

- Combine all the vegetables, pasta and feta cheese in a medium bowl.
- Whisk the salad dressing ingredients together and add to the salad. Mix well before serving.

Serves 4

**Tip: add your favourite legumes to this recipe. Chickpeas or brown lentils work well. Add grilled chicken strips instead of pasta.**



### **Good to know**

Choosing whole grains, such as whole wheat pasta and whole grain breads means you are consuming more fibre, zinc, B vitamins, folate, protein and good fats per serving. Variety and moderation is key!