

Recipe of the Week

Salad with Red Grapes and Feta

This combination of crisp, juicy red grapes and tangy feta is a winner. Ham lovers can add a garnish of thin strips of prosciutto.

Makes

Ingredients

2 tablespoons extra-virgin olive oil
1 1/2 tablespoons lemon juice
1/4 teaspoon fine sea salt
1/4 teaspoon ground black pepper
1 pound red seedless grapes, halved (3 cups)
5 ounces mixed salad greens (about 7 cups)
6 ounces crumbled feta cheese



Method

In a large bowl, whisk together oil, lemon juice, salt and pepper. Add grapes, greens and feta and toss well.

Nutrition

Per serving (about 5oz/136g-wt.): 170 calories (100 from fat), 11g total fat, 5g saturated fat, 25mg cholesterol, 420mg sodium, 16g total carbohydrate (1g dietary fiber, 13g sugar), 5g protein

<http://www.wholefoodsmarket.com/recipes/2832>

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