

# Avocado Feta Cucumber Salad

Makes 4 servings

## Ingredients:

- 3 TBSP olive oil
- 1 ½ TBSP red wine vinegar
- 1 tsp minced garlic
- 1 tsp dried oregano
- ¼ tsp salt
- ¼ tsp pepper
- 2 English cucumbers, sliced
- 1 large avocado, sliced
- ½ cup reduced fat feta cheese, crumbled
- ¼ of a red onion thinly sliced

## Instructions:

1. In a medium bowl, whisk together the olive oil, vinegar, garlic, oregano, salt and pepper until combined.
2. Add the cucumber slices, avocado slices, feta, and onion slices into the dressing and toss well.
3. Taste test and adjust salt and pepper, if desired.
4. Serve immediately.

## Nutrition in 1 Serving:

- Calories: 169
- Carbohydrates: 7 g
- Protein: 3 g
- Fat: 14 g
- Saturated fat: 4 g
- Cholesterol: 16 mg
- Sodium: 358 mg
- Potassium: 232 mg
- Sugar: 3 g

