

Let's get cooking with

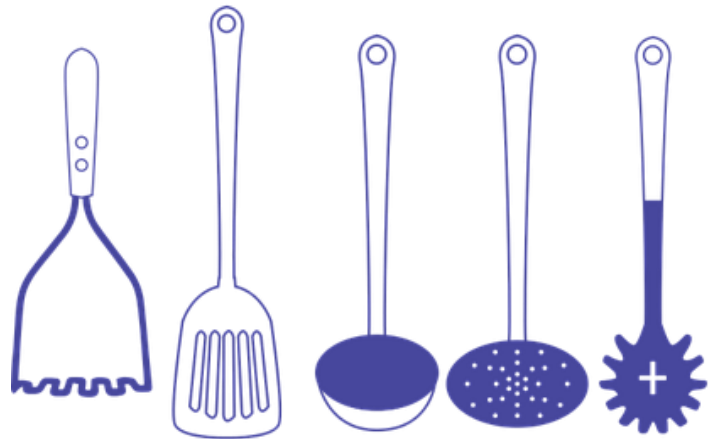


Healthworks
the community health charity

Greek Salad

What you need:

- 1 little gem lettuce
- 8 Cherry tomatoes
- Cucumber
- Red onion
- Feta cheese
- Olive Oil
- Dried oregano



Substitute as necessary if you have an allergy to any of the ingredients

How to prepare:

- Shred the lettuce and scatter onto a plate
- Slice the cherry tomatoes and put on to the lettuce
- Dice up some cucumber and add to the other ingredients
- Finely slice the onion and scatter onto salad
- Dice up the Feta cheese and add to the salad
- Drizzle a little olive oil over the top, then sprinkle some dried oregano on and enjoy

Enjoy!

From the Community Skills Team
www.healthworksnewcastle.org.uk