

Greek Salad



Delicious and light this salad can be served as a side dish to fish or meat, or you can have it for lunch as a main meal.



Ingredients

- 1 Large tomato
- ½ Cucumber
- 10-12 black olives
- 1tsp of dried oregano
- 100g feta cheese

Method

Chop the tomato, feta and cucumber and add to a bowl with olives.

Mix well, as the feta and olives are quite salty there should be no need to add salt to season this dish.

A small amount of tomato is used in this dish, which shouldn't be too much for those excluding fructose from their diet.

Serve and enjoy.