GREEK · SIDE · LUNCH

Chopped Greek Salad with Romaine and Avocado

15 min · Serves 6 · 200 kcal a serve · Video 4:59 · Natashas Kitchen

Vegetarian · Gluten-free ingredients · No nuts listed

A big bowl of crunchy vegetables with avocado, olives, feta and an olive-oil dressing: about 5 g fibre and 7 g net carbs a serve, rich in vitamins A, C and K, with mostly olive-oil and avocado fats.

Diet notes: Keto (7.1 g net carbs a serve).

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Ingredients 13 · SERVES 6

- [ ] 1 head **romaine lettuce**, chopped
- [ ] 1/2 medium **red onion**, thinly sliced
- [ ] 1/2 **bell pepper** (capsicum), any colour, chopped
- [ ] 1 cup **cherry or grape tomatoes**, halved
- [ ] 1 **English cucumber**, sliced
- [ ] 1 **avocado**, peeled, stoned and sliced
- [ ] 1/2 cup **kalamata olives**, sliced into thirds
- [ ] 4 oz **feta cheese**, crumbled
- [ ] 3 tbsp extra **virgin olive oil**
- [ ] 3 tbsp **lemon juice** (from 1 large lemon)
- [ ] 1 **garlic** clove, pressed
- [ ] 1/2 tsp **sea salt**
- [ ] 1/4 tsp **black pepper**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Whisk the olive oil, lemon juice, pressed garlic, salt and pepper together in a small bowl or shake them in a jar. 2:13
2. Put the chopped romaine in a large salad bowl and top it with the onion, capsicum, tomatoes and cucumber. 0:54
3. Add the sliced avocado, olives and crumbled feta. 1:34
4. Drizzle the dressing over just before serving and toss gently. 2:47

> **Tip** Serves 6 as a side; add grilled chicken, salmon or boiled eggs to make it a main. Keep the dressing separate and dress just before serving so the lettuce stays crisp.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
200 kcal 840 kJ	5.1 g 10% of a day	12 g 7.1 g net · 4.7 g sugars 4% of a day
FIBRE	**FAT**	**SODIUM**
4.7 g 17% of a day	16 g 4.4 g saturated 21% of a day	460 mg 20% of a day

Energy from net carbs 15% · protein 11% · fat 74% — fits keto: 7.1 g net carbs, 74% of the energy from fat

High in (20%+ of a day) Vitamin K 83% · Vitamin A 43% · Folate 36% · Vitamin C 34%

Source of (10–19%) Vitamin B6 18% · Vitamin E 16% · Vitamin B12 13% · Potassium 11% · Calcium 11% · Omega-3 11% · Iron 10% · Zinc 10%

Recipe and video: Natashas Kitchen (@Natashaskitchen) on YouTube — youtube.com/watch?v=fLiFdOR_ifI, published 22 February 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/chopped-greek-salad-lettuce-avocado