



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Mixed Greens Salad with Tomatoes, Onions, Olives, Feta Cheese

Serves 12

Ingredients:

- 1, 5-ounce box of mixed greens
- 1 cup mixed olives (pitted, sliced)
- 1 pint cherry tomatoes (halved)
- 4 ounces feta cheese (crumbled)
- 1 small red onion (sliced fine)

Vinaigrette Dressing:

- 2 TBSP garlic (finely chopped)
- ¼ cup balsamic vinegar
- ¾ cup Extra-virgin olive oil
- ½ teaspoon ground black pepper
- ½ teaspoon salt



Directions:

1. Assemble salad: In a medium bowl, mix together the greens, olives, tomatoes, feta, and onion
2. Prepare dressing: In a mason jar with a tight-fitting lid, combine ingredients. Close lid and shake vigorously.

Nutrition Tips:

1. Commercially-prepared dressings can be full of added sugars and unhealthful fats. Making a simple homemade vinaigrette is a great way to control ingredients yet still add a delicious flavor.
2. Vinaigrette can be kept on the counter for several weeks if just olive oil and vinegar. If adding fresh ingredients (garlic, shallot, herbs, etc), then refrigerate.
3. Serve dressing on the side. Oil and vinegar may separate, so shake to combine before dressing your salad.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.