



WESTERN WISCONSIN HEALTH

TOMATO FETA SALAD (GLUTEN FREE)

- 2 pts. cherry tomatoes
- 3/4 small red onion, diced
- 2 T. white wine vinegar
- 3 T. olive oil
- 2 T. fresh basil, chopped
- 2 T. fresh flat leaf parsley, chopped
- 3/4 lb. feta cheese, diced into 1/2" cubes
- 1/2 tsp. sea salt
- 1 tsp. freshly ground pepper

Cut tomatoes in half and place in large bowl. Add vinegar, onion, oil, salt, pepper, basil, parsley, and toss well. Gently fold in feta cheese and serve at room temperature.

NUTRITION FACTS: Serving size: 1/2 cups per serving, 6 servings

Nutrition Facts	
Serving Size (92g)	
Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 360mg	15%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 5g	
Vitamin A 10%	• Vitamin C 15%
Calcium 15%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	