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# Salad, Avocado and Feta

*debby*

*eHow video I stumbled upon while looking for a feta source!*

Servings: 6

Preparation Time: 30 minutes

*Very fresh and creamy*

*Rating: 8/10*

*Kept overnight and the avocado did not turn brown! (lemon juice, maybe?) But, it did firm up into a clump. Still tasted great and could still be stirred to break apart.*

**1 large avocado**  
**4 ounces feta cheese, crumbled**  
**1/4 cup kalamata olive, sliced**  
**1/4 cup fresh parsley, chopped**  
**1/2 large red bell pepper, diced**  
**1/4 medium red onion, diced**  
**1 clove garlic, minced**  
**salt and pepper, pinch**  
**1 tablespoon olive oil**  
**1/2 medium lemon, juice of**

Put it all in a medium bowl and gently toss.

Line a small platter with lettuce and heap salad on top.

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*Per Serving (excluding unknown items): 158 Calories; 14g Fat (76.7% calories from fat); 4g Protein; 6g Carbohydrate; 1g Dietary Fiber; 17mg Cholesterol; 373mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 1/2 Fat.*