

# Greek Salad Wrap

Serves 8

## DRESSING:

- 1 tablespoon lemon juice
- 1 clove garlic, minced or 1/8 teaspoon garlic powder
- 1 tablespoon parmesan cheese
- 1/2 tablespoon fresh oregano leaves, coarsely chopped or 1/2 teaspoon oregano, dried and crumbled
- 2 tablespoons olive or vegetable oil

## SALAD:

- 8 tortillas (8 inch size), whole-wheat
- 2 cups Romaine lettuce, chopped
- 12 black olives, pitted and sliced (optional)
- 2 ripe tomatoes, chopped
- 2 cucumbers, peeled and chopped
- 1 small onion, chopped (optional)
- 1/4 pound Feta cheese, crumbled

## TO MAKE THE DRESSING:

1. Add lemon juice, garlic, parmesan cheese and oregano to a bowl. Gradually blend in oil until well blended.

## TO MAKE THE SALAD:

1. Wash and prepare vegetables.
2. Toss all vegetables together with dressing.
3. Steam tortillas by placing them on a plate in the microwave for a few seconds.
4. Place a half cup of salad filling in the center of the tortilla wrap.
5. Fold right and left sides of the wrap into the center.
6. Roll tortilla towards the top of the wrap until filling is fully enclosed.
7. Cut in diagonal half slices and enjoy.
8. Serve soon after preparing.

## Nutrition Facts:

Serving size: 1 tortilla with about 1/2 cup filling; Calories: 240; Fruits and Vegetables: 1 serving; Fat: 10 g; Fiber: 3 g



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