Tossed Greek Salad

Hands-On Prep  15 MIN  
Cook  NONE  
Serves  4

1 To make the dressing, combine the broth, oil, vinegar, oregano, garlic, salt, and ground pepper in a small bowl. Let stand until the flavors are blended, about 5 minutes. Discard the garlic clove.

2 Meanwhile, combine the lettuce, cucumber, bell pepper, tomato, dill, and olives in a large bowl. Pour the dressing over the salad; toss to coat. Top with the anchovies, sprinkle with the cheese, and serve at once.

PER SERVING (2½ cups): 128 Cal, 10 g Fat, 4 g Sat Fat, 0 g Trans Fat, 17 mg Chol, 449 mg Sod, 7 g Carb, 3 g Fib, 4 g Prot, 134 mg Calc. POINTS value: 3.

Make It Core If you're following the Core Plan, skip the anchovies and use fat-free feta cheese.