



Vegetarian Tomato Lettuce Salad

Ingredients:

2 large tomatoes

1 lettuce

1 cucumber

1 red onion

100 g feta cheese

1/4 cup olive oil

2 tbsp red wine vinegar

1 tsp mustard

Salt and pepper

Quantities:

2 large tomatoes

1 lettuce

1 cucumber

1 red onion

100 g feta cheese

1/4 cup olive oil

2 tbsp red wine vinegar

1 tsp mustard

Salt and pepper

Preparation instructions:

Wash tomatoes, cucumber and red onion and cut into slices.

Wash the lettuce and pluck into bite-sized pieces.

Crumble the feta cheese.

In a small bowl, mix the olive oil, red wine vinegar, mustard, salt and pepper to a dressing.

Mix all ingredients in a large bowl and pour the dressing over it. Stir gently to cover all ingredients evenly.

Serve and enjoy!

Difficulty: Easy

Possible allergens: dairy products (feta cheese)

Duration of preparation: 15 minutes

Nutritional information:

Calories: 340 kcal / 1420 kj

Carbohydrates: 14 g

Fat: 29 g

Protein: 9 g

Nutrients: The vegetarian tomato lettuce is rich in vitamins and minerals such as vitamin C, potassium and iron. The feta cheese also provides proteins and calcium.