

Mediterranean Salad With Ground Beef



SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 10 MIN
(FOR GROUND BEEF)

INGREDIENTS

- 1 cup mixed greens
- 2 oz shredded cheese
- 1/8 small red onion, sliced
- 2 tbsp green olives
- 1/2 medium vine ripe tomato, sliced
- 1 small cucumber, sliced
- 4 oz cooked ground beef
- 1/2 tbsp olive oil
- Salt and pepper to taste

DIRECTIONS

1. Combine mixed greens, feta cheese, red onion, green olives, tomatoes, cucumbers, and ground beef.
2. Drizzle with olive oil and add salt and pepper to taste or dressing of choice (Primal Kitchen brand dressings are great).

NUTRITION INFO

Calories: 505, Carbohydrate: 10 grams, Protein: 31 grams, Fat: 37 grams