

# Greek Salad

## Ingredients

- ¼ cup Red-Wine Vinegar
- 2 tbsp Olive Oil
- 8 cups Lettuce or Mixed Greens
- 2 cups frozen Shelled Edamame Beans
- 1 cup Cherry Tomatoes
- 1/4 cup Olives
- 1 Cucumber
- 1 small Red Onion
- Protein Option: 1 can of Chickpeas, or 16 oz of Rotisserie Chicken



## Directions

- Remove edamame beans from the freezer to thaw. Cut cherry tomatoes and olives into slivers, dice cucumber and onion.
- If using Chickpeas drain and rinse. If preferred cook on stove in 1 tsp olive oil for five minutes till softened.
- If using rotisserie chicken shred chicken with a fork.
- In a small bowl, whisk together Olive Oil and Red-Wine Vinegar.
- Combine all ingredients and serve. Makes 4 equal servings.

## Red-Wine Vinegar and Diabetes

Red-Wine Vinegar has been shown in some studies to help control blood pressure. It also has high rates of polyphenols which been linked to lower cholesterol levels. This makes it a great and healthy salad dressing.