



Catching Up with ILC

August 2014

Try an ILC Recipe at Your Summer BBQ!

Mediterranean Chopped Salad

Vegetarian, Trans Fat Free, Low Cholesterol

Ingredients

- 1 pint cherry tomatoes, quartered
- 1 medium cucumber, cut into small cubes
- 1 cup canned chickpeas, rinsed and drained
- 1 small red onion, finely sliced
- ½ cup pitted black olives
- 2 tablespoons fresh mint leaves, finely chopped
- 2 tablespoons fresh oregano leaves, finely chopped
- 1 tablespoon lemon juice
- 3 tablespoons olive oil
- ¼ teaspoon salt
- ½ teaspoon ground black pepper
- 4 ounce feta cheese, crumbled

Nutrition per 1/2 cup

130 calories
8.5g fat
 2.5g saturated fat
 11mg cholesterol
280mg sodium
10g carbohydrates
 2g fiber
 2.5g sugar
4g protein

9% DV of Vitamin A
12% DV of Vitamin C
10% DV of calcium
4% DV of iron

Directions

1. Combine tomatoes, cucumber, chickpeas, onion, and olives in mixing bowl.
2. In separate bowl, whisk, mint, oregano, lemon juice, oil, salt, and pepper.
3. Pour dressing over ingredients. Mix well. Gently mix in crumbled feta.
4. Chill and serve!



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**Compliments,
Questions, Concerns,
Comments?**

Contact us at:
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At I.L. Creations, our mission is to provide first-class quality food, courteous service and a commitment to socially responsible practices, including providing healthy foods and wellness education to our customers. Good health stems from eating right, routine exercise, and smart decisions. Our goal at I.L. Creations is to provide you the resources you need to successfully reach your health and wellness goals.

Our buffet style offerings allow guests control of the variety and amount of food they desire to purchase. Our food offerings are accompanied by health education through such efforts as monthly dietitian visits and nutritional cards posted by dishes offered.