



Mediterranean Meatball Salad



Entire recipe: 285 calories, 14g total fat (5g sat. fat), 737mg sodium, 19.5g carbs, 5.5g fiber, 7.5g sugars, 23.5g protein

[Click for WW Points® value*](#)

Prep: 15 minutes **Cook:** 5 minutes



More: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#), [Gluten-Free](#)

Ingredients

Salad

3 cups chopped lettuce
4 frozen precooked turkey meatballs
1/2 cup chopped seedless cucumber
1/3 cup chopped tomato
2 tbsp. crumbled feta cheese
2 tbsp. sliced Kalamata or black olives
2 tbsp. finely chopped red onion
Optional topping: hummus

Dressing

3 tbsp. fat-free plain Greek yogurt
1/2 tsp. lemon juice
1/8 tsp. garlic powder
1/8 tsp. dried dill

Directions

Place lettuce in a large bowl.

Cook meatballs until hot, either in a skillet over medium heat or on a microwave-safe plate in the microwave. (See package for cook time.)

Add meatballs to the large bowl, along with remaining salad ingredients.

In a small bowl, combine dressing ingredients. Add 1 tsp. water, and mix until uniform.

Top salad with dressing, or serve it on the side.

MAKES 1 SERVING

HG Alternatives: If you don't feel like making the dressing, store-bought tzatziki is a terrific swap. Or just grab your favorite light dressing!

HG FYI: Not all precooked meatballs are gluten free, so read labels carefully if that's a concern.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

