

GREEK SALAD

INGREDIENTS

- 1 Cucumber (English) (peeled) (seeded) (coarsely chopped)
- 4 Plum Tomatoes (large) (cut in half) (seeded) (coarsely chopped)
- 1/2. Red onion (small) (peeled) (chopped) (see note below to lessen the strength)
- 1 C Kalamata olives (pitted) (chopped fine) **OR** Black (pitted)
- 1 Green pepper (seeded) (coarsely chopped) **OR** cut into thin rings
- 3/4 C Feta Cheese (garlic & herb flavor preferred)

DIRECTIONS

- 1 Combine all ingredients
- 2 Refrigerate for 3 hours before serving

DRESSING

- 1/4 C Extra virgin olive oil **OR** 6 T extra virgin olive oil & 2 T lemon juice
- 1 T Red wine vinegar **OR** Apple cider vinegar
- 1 clove Garlic (minced)
- 1 t Oregano



DIRECTIONS

- 1 Whisk or process all the ingredients except the olive oil
- 2 Slowly add olive oil while continuing whisking or processing
- 3 Can be prepared 3 hours in advance & stay at room temperature
- 4 Rewhisk before using

NOTES

- 1 If you'd like to 'dumb down' the strength of the onions, soak them in white vinegar & lemon juice for 10 minutes **Or** soak in ice water but make sure to drain off the water
- 2 A head of chopped romaine lettuce is often added to Greek Salad



