

# Salad

## Greek Salad

*\*Vegetarian, Gluten-Free*

Ok three words... YUM, YUM and YUM. Ok so they're the same three words but that pretty much sums it up! YUM! Greek salads are so refreshing and complement a variety of meals so well. In addition, they are quite flexible so add or subtract ingredients based on what you have available. When tomatoes and cucumbers are in season, no doubt about it, it is Greek salad time!

### You'll Need

- 3 vine tomatoes, cut into chunks
- 1 medium red onion, sliced
- 1 medium cucumber cut into ¼ inch pieces
- ¾ cup black Kalamata olives
- Sliced feta cheese (as big or as small as you would like)
- ¼ cup extra virgin olive oil
- 3 tablespoons red wine vinegar
- 1 teaspoon dried oregano
- Salt
- Pepper



### Directions

- Combine vegetables in a bowl. In a small bowl mix oil, vinegar, and oregano then pour over salad and season with salt and pepper to taste. Before serving salad place feta slices on salad.

### Play with Your Food

- Add some pepperoncini peppers or red bell pepper.
- Try using a white onion and/or add some green onion.
- Leave out the olives.
- Leave out the feta cheese and serve as a vegan salad.

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### Tips

Prep portions of the salad ahead of time. Chop the tomato and cucumber in the morning and place in fridge. Then when you come home from work all you need to do is chop the onion and mix together the dressing.

To save time, cook in stages when you can.