

GREEK SALAD

A refreshing, classic Greek salad with crisp veggies, olives, and feta in a bright homemade dressing



INSTRUCTIONS

1. Make the dressing

- 1/4 cup extra-virgin olive oil
- 3 Tbsp red wine vinegar
- 1 garlic clove, minced
- 1/2 tsp dried oregano, plus more for sprinkling
- 1/4 tsp Dijon mustard
- 1/4 tsp sea salt
- Freshly ground black pepper

In a small bowl, whisk together the olive oil, vinegar, garlic, oregano, mustard, salt, and several grinds of pepper.

2. Arrange and dress the salad

- 1 English cucumber, sliced into 1/4-inch thick half-moons
- 1 yellow or orange bell pepper, chopped into 1-inch pieces
- 2 cups halved cherry tomatoes
- 5 oz feta cheese, cut into 1/2-inch cubes
- 1/3 cup thinly sliced red onion
- 1/3 cup pitted Kalamata olives
- 1/3 cup fresh mint leaves, optional

On a large platter, arrange the cucumber, bell pepper, cherry tomatoes, feta, red onion, and olives. Drizzle with the dressing and very gently toss. Sprinkle with a few generous pinches of oregano and top with the mint leaves, if using. Season to taste and serve.

NUTRITION (per serving, makes 4)

Estimated

- Calories: 230
- Total Fat: 20g
- Total Carbs: 9g
- Fiber: 2g
- Net Carbs: 7g
- Protein: 6g

STORAGE

Since this salad doesn't include tender greens, it holds up well for a few hours at room temperature or a day or two in the fridge, covered. If prepping ahead for a gathering, save the mint (if using) to add right before serving.



Recipe created by Mind-Body Functional Health.
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