



Authentic Greek Salad

prep time:
15 minutes

makes 4 servings

grocery list

fresh cucumber

Roma tomatoes

green bell pepper

sweet onion

Filippo Berio Extra Virgin Olive Oil

lemon

fresh oregano

6 oz. cubed feta cheese

ShopRite pitted kalamata olives

authentic greek salad

1 large cucumber, peeled, halved lengthwise and sliced 1/2 inch thick

3 Roma tomatoes, cut into 1-inch chunks

1 green bell pepper, seeded and chopped

1/2 medium sweet onion, chopped

1/4 cup **Filippo Berio Extra Virgin Olive Oil**

Juice of 1 lemon

1 tbsp. chopped fresh oregano

1 tsp. **Simply Organic Granulated Garlic**

La Baleine Sea Salt

Simply Organic Black Pepper

6 oz. cubed feta cheese

12 **ShopRite pitted kalamata olives**

1. Combine cucumber, tomatoes, bell pepper and onion in large mixing bowl; toss.
2. For dressing, in small bowl whisk together olive oil, lemon juice, oregano, garlic, and salt and pepper to taste. Drizzle over salad and toss to coat. Add cheese and olives. If desired, serve on bed of Bibb lettuce or Italian salad greens and garnish with additional cubed feta and olives.

Per Serving: 300 calories, 10g carbohydrate, 8g protein, 2g fiber, 26g fat, 9g saturated fat, 0mg cholesterol, 660mg sodium

cook's journal

kitchen tools

vegetable peeler

chef's knife

cutting board

measuring utensils

large mixing bowl

small bowl

whisk

salad tongs

recipe note

When you order a Greek salad in Greece, this is the one you get. No iceberg lettuce or jarred pickled peppers—just a fresh, flavorful dish.

a good idea

Use good feta cheese, a great extra virgin olive oil and fresh lemon juice for the best results.

