

Classic Greek Salad



Licking Memorial Hospital | Culinary Services

Classic Greek Salad (Servings)

Ingredients:

- 4 medium tomatoes on the vine
- 1 English cucumber, peeled
- 1 green bell pepper, cored
- 1 medium red onion
- 1/2 cup pitted kalamata olives
- Salt and pepper
- 4 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- 8 oz feta cheese, cut into large cubes
- 1/2 tablespoon dried oregano
- 4 cups lettuce

Directions:

Cut the tomatoes into wedges or large chunks. Cut the cucumber in half length-wise, then slice into thick cross-wise sections (at least 1/2 inch in thickness). Thinly slice the bell pepper into rings. Cut the red onion in half from top to bottom, then thinly slice. Place the cut vegetables in a large salad dish, add the pitted kalamata olives, and season very lightly with salt and pepper. Pour in the olive oil and red wine vinegar. Toss gently, and add the feta blocks on top. Sprinkle the dried oregano.