

# Greek Salad

## Ingredients

YIELDS: 6 servings    PREP TIME: 20 minutes

- 1 romaine head of lettuce
  - 1 red onion
  - 175g (6 oz) can pitted black olives
  - 1 green pepper
  - 1 red pepper
  - 1 large tomato
  - 1 English cucumber
  - 250 ml (1 cup) feta cheese
- Dressing:
- 90 ml (6 tbsp) extra-virgin olive oil
  - 5 ml (1 tsp) dried oregano
  - Juice of 1 fresh lemon
  - Ground black pepper to taste



EQUIPMENT: 2-3 cutting boards / 2-3 chef knives / paring knives / set of measuring spoons / set of dry measuring cups / whisk / small bowl / large salad bowl / serving spoon or tongs / salad spinner (if available; clean dry towels if not available) / small plates and forks for sampling

## Directions

- 1) Rinse, and dry all lettuce leaves (or use salad spinner if available). Chop leaves and place into large salad bowl.
- 2) Peel and thinly slice red onion, and slice olives; add to salad bowl.
- 3) Wash and cut green pepper, red pepper and tomato. Add to salad bowl.
- 4) Cut cucumber into thick slices (1 cm thick rounds) and add to salad bowl.
- 5) Crumble feta and add to salad bowl.
- 6) Measure out dressing ingredients and whisk together. Pour dressing over salad, toss, and serve.

### Chef's Tip



*While fresh lemon is tastiest in this recipe, you can substitute lemon juice if needed.*

*Let's Get Cookin'!*

