

# greek summer *Salad*



Serves 4



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## Ingredients

6 tbsp. (90 ml) extra virgin olive oil  
3 tbsp. (45 ml) red wine vinegar  
2 tbsp. (30 g) fresh oregano, minced  
¼ tsp. (2 g) dried oregano  
1 ½ tsp. (23 ml) lemon juice  
1 garlic clove  
½ tsp. (3 g) salt  
Pinch of black pepper  
½ cup (125 g) red onion, sliced  
1 Paysanne cucumber, peeled and sliced ¼" thick  
2 romaine lettuce hearts, torn into bite size pieces  
2 cups (500 g) Paysanne cocktail tomatoes, halved  
1 Paysanne red pepper, roasted, peeled, seeded and cut into ½" wide strips\*  
¼ cup (63 ml) vegetable oil  
¼ cup (63 g) fresh mint, minced  
¾ cup (189 g) kalamata olives, pitted  
5 oz. (142 g) feta cheese, crumbled

## Method

1. Whisk the first 8 ingredients together in a bowl large enough to hold the entire salad.
2. Add the onion and Paysanne cucumber, then marinate for 20 minutes.
3. Add the romaine lettuce hearts, Paysanne peppers and tomatoes and mint to the bowl and toss.
4. Arrange the salad on a platter or divide evenly on serving plates.
5. Sprinkle with kalamata olives and feta cheese.

## Roasting Method

Coat peppers with a light layer of vegetable oil. Rotate peppers over open flame, either on a bbq or gas stove, until peppers turn black and blister. If an open flame isn't available, a broiler can be used. Slice the pepper in half and remove the core, seeds and membrane. On a broiler plate, place peppers open side down and broil until skins are black and blistered. Cover peppers in a bowl and allow to rest for 15 minutes. Peel the black skin off.

## Nutritional Facts per serving (327 g): Calories 400

Fat 37 g (57 %), Saturated Fat 9 g + Trans Fat 0 g (45 %), Cholesterol 35 mg, Sodium 1150 mg (48 %), Carbohydrate 15 g (5 %), Fiber 3 g (12%), Sugars 7 g, Protein 8 g, Vit A (20 %), Vit C (140 %), Calcium (25 %), Iron (15 %). % = % Daily Value