

Plate Dream

Greek Salad Recipe – Fresh & Easy

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**Greek** Cuisine	

Ingredients

Salad

- [ ] 3 large ripe tomatoes, cut into wedges
- [ ] 1 large cucumber, sliced into half-rounds
- [ ] 1 small red onion, thinly sliced
- [ ] 1/2 cup Kalamata olives, pitted
- [ ] 150 g feta cheese, crumbled
- [ ] 2 tbsp fresh oregano leaves, chopped

Dressing

- [ ] 1/4 cup extra-virgin olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp dried oregano
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Wash all vegetables; slice the tomatoes into wedges, cucumber into half-rounds, and thinly slice the red onion.
2. In a small bowl, whisk together olive oil, lemon juice, dried oregano, salt, and pepper until emulsified.
3. Place the tomatoes, cucumber, onion, and olives in a large salad bowl. Drizzle the dressing over the vegetables and toss gently.
4. Add the crumbled feta and fresh oregano, give a light toss, and serve immediately.

Nutrition per serving

250 kcal	6 g	10 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Pat cucumber slices dry with a paper towel to prevent excess moisture.
- Adjust lemon juice to taste; a little more adds extra brightness.
- If you prefer a richer flavor, add a splash of red wine vinegar.