

Seasonal Spring Recipe

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Greek Salad

This salad can be dressed before it's served and it stays delicious over a couple days if kept in the refrigerator! Great for light, fast meals!

Ingredients

1 cucumber, unpeeled, seeded, and sliced 1/4-inch thick
1 red bell pepper, large-diced
1 yellow bell pepper, large-diced
3 tomatoes, halved, seeded and diced
1/2 red onion, sliced in half-rounds
1/4 cup feta cheese, crumbled
1/2 cup kalamata olives, pitted and diced

For the vinaigrette:

2 cloves garlic, minced
1 teaspoon dried oregano
1/2 teaspoon Dijon mustard
1/4 cup good red wine vinegar
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
1/3 cup good olive oil

Directions

1. Place the cucumber, peppers, tomatoes and red onion in a large bowl.
2. For the vinaigrette, whisk together the garlic, oregano, mustard, vinegar, salt and pepper in a small bowl. Still whisking, slowly add the olive oil to make an emulsion.
3. Pour the vinaigrette over the vegetables.
4. Add the feta and olives and toss lightly. Set aside for 30 minutes to allow the flavors to blend. Serve at room temperature.



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