



Greek Salad

YIELDS: 6 servings

PREP TIME: 20 minutes

Ingredients

- 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.



Figure 1. Greek Salad



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.