

Greek Salad

Prep time: 20 minutes

Cook time: 10 minutes

Servings: 24 servings

Equipment:

Knife

Whisk

Cutting board

Strainer

Bowls

Ingredients:

3 cup	(750 mL)	Red onion, 1 cm dice
3 tbsp	(45 mL)	Olive oil
⅓ cup	(80 mL)	Lemon juice
1 tbsp	(15 mL)	Garlic, finely chopped
½ cup	(125 mL)	Oregano, fresh
¼ tsp	(1 mL)	Black pepper
9 cup	(2 ¼ L)	English cucumbers, seeded, 1 cm dice
6 cup	(1 ½ L)	Plum tomatoes, seeded, 1 cm dice
4 cup	(1 L)	Yellow peppers, 1 cm dice
1 ½ cup	(375 mL)	Kalamata olives, pitted and halved
1 cup	(250 mL)	Feta cheese, 1 cm dice

Method

1. In a large bowl, soak diced red onion in ice water for 30 minutes and drain. This will reduce the sharp taste of the raw onion.
2. In a small bowl whisk together olive oil, lemon juice, garlic, oregano and black pepper to create dressing.
3. Combine cucumber, tomatoes, peppers, drained red onions, kalamata olives and feta cheese.
4. Add dressing and gently toss to combine.



Nutrition Information/ Serving Size

Nutrition Facts	
Valeur nutritive	
Per 1 cup (250 mL) / par 1 cup (250 mL)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 70	
Fat / Lipides 4 g	6 %
Saturated / saturés 1.5 g	8 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 5 mg	
Sodium / Sodium 140 mg	6 %
Carbohydrate / Glucides 8 g	3 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 3 g	
Protein / Protéines 2 g	
Vitamin A / Vitamine A	4 %
Vitamin C / Vitamine C	100 %
Calcium / Calcium	6 %
Iron / Fer	6 %

1 cup (250 mL) Greek Salad