

# Recipe

## *Greek salad*

### Ingredients

#### SALAD

- 4 medium roma or grape tomatoes (optional), diced
- 1 medium cucumber or 1 medium zucchini, diced
- 1 medium yellow squash, diced
- 1 small red onion, diced
- 1 bell pepper (any color), diced
- ¾ cup Kalamata or black olives, diced
- 1 avocado, diced
- 4 oz. feta cheese (optional)

#### SALAD DRESSING

- 6 tablespoons olive oil
- 1 1/2 tablespoons fresh lemon juice
- 1 tablespoon red wine vinegar
- 1 1/2 teaspoons minced garlic (1 large clove)
- 1 1/2 tablespoons finely minced fresh parsley
- 1 1/2 tablespoons finely minced fresh dill
- 1 teaspoon dried oregano
- Salt and pepper to taste

### Directions

Add all of the dressing ingredients to a small mixing bowl and whisk well to blend. Season with salt to taste and store in refrigerator until ready to use.

Add tomatoes, cucumber, onion, bell pepper, olives, avocado and feta to a salad bowl.

Drizzle dressing over top and gently toss to evenly coat. Add dressing within a few minutes of serving for best results.

**TIP:** Add grilled chicken, salmon, shrimp or chickpeas for extra protein.

