

1 - GREEK SALAD



Ingredients

- 2 tomatoes (in large cubes)
- 1 cucumber (in cubes)
- 1 onion (sliced in rings)
- 2 green peppers (sliced in rings)
- 100 g feta (in cubes)
- 5 olives/ oregano or parsley

Salad dressing

- 3 tbsp olive oil /1 lemon (juice)

Preparation

1. Mix tomatoes, peppers, olives and cucumber in a salad bowl.
2. Pour on the dressing and mix so that it covers all vegetables.
3. Place onion rings and the feta on top.
4. Sprinkle with oregano or parsley.

Notes

This is the traditional summer salad which can accompany any main dish. To make this salad we use two extraordinary products of the Greek land which are olive oil and feta cheese. Feta is a white cheese made of a mixture of goat's (up to 30%) and sheep's milk. It matures in 3 months. It is very tasty and nutritious with a mild scent. It can accompany any dish and particularly vegetarian dishes. Virgin Greek olive oil is eaten raw in all salads. It is usually combined with either lemon or vinegar to make a delicious salad dressing. According to research olive oil is good for the digestive system, helps to make hair shiny, prevents dandruff, is good for dry skin, prevents wrinkles, softens the skin, strengthens the nails, soothes tired feet and clears acne.