



AT LENOX HILL NEIGHBORHOOD HOUSE

## Mediterranean Salad

While most frequently encountered as a Greek Salad on restaurant menus, there seem to be variations on this salad in a lot of Mediterranean countries. The idea being to really showcase the summer bounty of fresh vegetables dressed simply. This delicious salad comes together quickly, is filling and nutritious.

Servings: 3-4 servings as a side or 2 as a main

### Ingredients

1-pint cherry tomatoes cut in half or 2 large, ripe Roma tomatoes chopped coarsely  
1 medium English cucumber, halved, deseeded and sliced  
1 small green bell pepper, deseeded and roughly chopped  
1 small red/yellow bell pepper, deseeded and roughly chopped  
1 medium red onion, sliced  
½ cup Kalamata or black olives  
4 ounces crumbled feta cheese or about 1 cup loosely filled

### Dressing:

4-6 tablespoons olive oil  
Juice of ½ fresh lemon  
1 tablespoon red wine vinegar  
2-3 cloves garlic, finely minced  
1 teaspoon dried oregano  
Salt and Pepper, to taste

### Directions

1. In a small mixing bowl combine the dressing ingredients and whisk well with a fork or wire whisk. Season with salt and pepper to taste. Dressing may be refrigerated for up to a week until ready to use.
2. In a medium bowl, add tomatoes, cucumber, onion, bell peppers and olives.

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3. Drizzle dressing over salad slowly and gently toss to evenly coat the vegetables.
4. Add crumbled feta on top and serve immediately.

Tips:

1. Chop the tomatoes directly over the bowl if possible so you don't lose any of the juice from the fresh tomatoes.
2. If you have access to fresh block feta, just use a whole square on top of the salad.
3. Use fresh herbs (parsley or mint in particular) if available in place of the dried oregano.