

Foodnity Recipes

Mediterranean Greek Salad

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**Greek** Cuisine	

Ingredients

Main Ingredients

- [ ] 3 cups mixed salad greens
- [ ] 2 large tomatoes, wedged
- [ ] 1 cucumber, sliced thin
- [ ] 1/2 red onion, thinly sliced
- [ ] 1/2 cup Kalamata olives, pitted
- [ ] 1/2 cup feta cheese, crumbled

Vinaigrette

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp dried oregano
- [ ] 1 garlic clove, minced
- [ ] Salt and black pepper to taste

Instructions

1. Gather all vegetables, rinse them under cool water, then pat dry with a clean kitchen towel.
2. Combine olive oil, lemon juice, oregano, minced garlic, salt, and pepper in a small bowl; whisk until emulsified.
3. In a large salad bowl, toss the greens, tomatoes, cucumber, red onion, and olives together.
4. Drizzle the vinaigrette over the salad, toss gently so everything is lightly coated.
5. Scatter crumbled feta on top, give one final gentle toss, and serve immediately.
6. Optional: Pair with a side of Greek pasta salad for a heartier meal.

Nutrition per serving

210 kcal	5 g	9 g	16 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the salad sits too long, add a splash more olive oil to revive the dressing.
- Taste and adjust salt after adding feta, as it can be naturally salty.
- For extra zest, grate a touch of lemon zest into the vinaigrette.