

Foodnity Recipes

Vegan Greek Salad – Fresh & Healthy

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

Ingredients

Salad Base

- [ ] 2 large cucumbers, diced
- [ ] 3 ripe tomatoes, cut into wedges
- [ ] 1/2 cup Kalamata olives, pitted and halved
- [ ] 1/4 red onion, thinly sliced
- [ ] 1/2 cup vegan feta, crumbled

Dressing

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp dried oregano
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Wash all vegetables; pat them dry. Dice the cucumbers and chop the tomatoes into bite-size pieces.
2. In a small bowl, whisk together olive oil, lemon juice, oregano, salt, and pepper. Let the dressing sit for a few minutes.
3. In a large mixing bowl, combine cucumbers, tomatoes, olives, and red onion. Drizzle the dressing over the vegetables and toss gently.
4. Scatter the vegan feta on top, give a final light toss, and serve immediately.
5. Optional: garnish with a sprinkle of fresh oregano or a few capers for extra brightness.

Nutrition per serving

210 kcal	5 g	12 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- Taste and adjust the lemon and salt just before serving; the salad brightens as it rests.
- For an extra pop of color, add a handful of sliced radishes.
- If you prefer a milder feta, crumble a smaller amount and mix it through the salad.