
Tomato Cucumber Salad

Servings: 4

This is a traditional Greek salad.

2 each cucumber, lightly peeled, seeded, thick sliced, split slices

1/2 each red onion, sliced into thin rings

2 each tomatoes, medium sized, cut into wedges

8 each kalamata olive

1 each feta cheese, Greek, slab, 5/8" x 2" x 2"

1 each lemon, sliced into wedges

Dressing

1/8 cup extra virgin olive oil, Greek

1/4 cup wine vinegar

1 teaspoon sugar

1/2 teaspoon Greek seasoning mix, Cavender's

1 clove garlic, crushed, left whole

1 pinch kosher salt

Separate all slices, chill vegetables until ready to serve.

Mix salad ingredients in bowl

Whisk dressing until oil is emulsified and pour over salad
toss.

Top with:

Feta cheese slab

1 tsp. fresh Greek oregano leaves, no stems

Drizzle Greek virgin olive oil over feta

1/4 lemon squeezed over salad

Serve family style in large bowl on table.

Use crusty bread to sop dressing.

Good on hot days

Per Serving (excluding unknown items): 229 Calories; 17g Fat (63.9% calories from fat); 7g Protein; 14g Carbohydrate; 2g Dietary Fiber; 33mg Cholesterol; 577mg Sodium. Exchanges: 1 Lean Meat; 2 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates.