

Treasure Barrel

Greek Salad Recipe – Fresh, Easy, and Flavorful

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

Ingredients

Salad Base

- [ ] 4 ripe tomatoes, cut into wedges
- [ ] 1 large cucumber, sliced into half- moons
- [ ] 1 red onion, thinly sliced
- [ ] 1 cup Kalamata olives, pitted
- [ ] 200 g feta cheese, crumbled

Dressing

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

Instructions

1. Wash all vegetables; pat dry. Cut the tomatoes, slice the cucumber, and thinly slice the red onion.
2. In a small bowl, whisk together olive oil, lemon juice, oregano, salt, and pepper until emulsified.
3. Place the tomatoes, cucumber, onion, and olives in a large mixing bowl.
4. Drizzle the dressing over the vegetables, toss gently, then top with crumbled feta.
5. Serve immediately, perhaps with warm pita or as a side to grilled fish.

Nutrition per serving

220 kcal	7 g	8 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a milder cheese, reduce the feta amount or crumble a milder goat cheese.
- Add a handful of fresh herbs like mint or dill for extra brightness.
- For a vegan version, substitute feta with a plant-based crumble and use coconut-amino in place of salt.