Treasure Barrel

Vegan Greek Salad Recipe – Fresh, Easy, and Healthy

Fresh vegetables, briny olives, and zesty dressing compose this vibrant vegan Greek salad.

10 min	10 min	4	Easy	Greek	Salad
Prep time	Total time	Servings	Difficulty	Cuisine	Course

Ingredients

Main Ingredients

- [ ] 2 large cucumbers, halved and sliced
- [ ] 3 ripe tomatoes, cut into wedges
- [ ] 1 small red onion, thinly sliced
- [ ] 1 cup Kalamata olives, pitted
- [ ] 1/2 cup capers (optional)
- [ ] 1/4 cup fresh dill, chopped

For the Vinaigrette

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp dried oregano
- [ ] 1/2 tsp sea salt
- [ ] ¼ tsp freshly ground black pepper

Instructions

1. Wash all vegetables, pat dry, and slice cucumbers, tomatoes, and red onion as described.
2. In a small bowl, whisk together olive oil, lemon juice, oregano, salt, and pepper. Let the dressing rest for a minute.
3. Place cucumbers, tomatoes, red onion, olives, and capers in a large mixing bowl.
4. Drizzle the vinaigrette over the vegetables, toss gently with a wooden spoon until evenly coated.
5. Scatter fresh dill on top, give a final light toss, and serve immediately.

Nutrition per serving

180 kcal	3 g	10 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the salad sits too long, the cucumbers may release water—add a pinch of salt to the dressing to balance.
- For extra brightness, add a splash of orange blossom water to the vinaigrette.
- Serve on chilled plates to keep the salad crisp on warm days.