

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Chopped Greek Salad

I'm not giving any specific measurements in this recipe because it is made to taste, and for the number of people you are serving. It is very flexible and utilizes the fresh produce of summer.

Tomato, chopped
Cucumber, peeled and chopped
Kalamata olives, pitted
Red onion, thinly sliced
Feta cheese
Dried oregano
Salt and pepper to taste
Extra virgin olive oil
Red wine vinegar

1. Place prepared tomato, cucumber, olives and onion into serving bowls.
2. Season to taste with dried oregano, salt and pepper.
3. Drizzle with olive oil and red wine vinegar.
4. Top with Feta Cheese.