

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Greek Salad

From [www.pioneerwoman.com](http://www.pioneerwoman.com)

- 1 head Romaine lettuce (chopped)
- 4 whole ripe tomatoes (cut into six wedges each, then each wedge cut in half)
- 1 whole cucumber (peeled, cut into fourths lengthwise, and diced into large chunks)
- 1/2 red onion (sliced very thin)
- 30 whole pitted Kalamata olives (cut in half lengthwise)
- 6 oz crumbled feta cheese
- fresh parsley (roughly chopped)
- 1/4 cup Olive oil
- 2 Tbs red wine vinegar
- 1 tsp sugar (or more to taste)
- 1 clove garlic (minced)
- 6 Kalamata olives (extra, chopped fine)
- 1/4 tsp Salt
- freshly ground black pepper
- 1 lemon (for squeezing)

### Instructions

Add chopped lettuce, tomato wedges, cucumber chunks, onion slices, halved Kalamata olives, half the feta, and parsley to a large bowl.

Combine olive oil, vinegar, sugar, garlic, salt, pepper, and chopped olives in a bowl. Whisk together until combined. Taste and adjust seasonings.

Pour dressing over salad ingredients, then add salt and pepper. Toss with tongs or clean hands. Just before serving, top with additional feta and squeeze a little lemon juice over the top.