

## Greek Salad

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4-6 SERVINGS

### INGREDIENTS

#### DRESSING

- 2 tablespoons dried oregano
- 1/4 cup red wine vinegar
- 1 cup extra virgin olive oil
- 2 large garlic cloves, mashed
- Salt
- Freshly ground black pepper

#### SALAD

- 2 teaspoons salt
- 1 medium red onion, halved and thinly sliced
- 3 tomatoes, cut into wedges
- 1 cucumber, peeled and cut into chunks
- 1 green bell pepper, seeded and sliced
- 1 red bell pepper, seeded and sliced
- 1/4 cup chopped fresh basil
- 1/2 cup pitted and halved Kalamata olives
- 2 tablespoons fresh Italian parsley
- 6 ounces feta cheese, sliced
- 6 lemon wedges

### PREPARATION

#### DRESSING

- Combine all the ingredients in a jar, shake well and let stand for 30 minutes. Leftover dressing can be stored in the refrigerator for up to 5 days.

MAKES 1-1/4 CUPS

#### SALAD

- In a bowl, combine salt with 2 cups water and add the red onion slices. Let the onions soak for 15 minutes then rinse and drain well.
- In a large bowl toss the tomatoes, cucumbers, and peppers with the basil and enough of the dressing to coat vegetables well. Adjust the seasonings. Plate in a high mound on a large plate and garnish with olives, parsley, feta and lemon wedges and serve.

## NUTRITION

### Per Serving

**Calories: 184.4**

**Protein: 8.3 grams**

**Fat: 11.3 grams**

**Saturated Fat: 6.7 grams**

**Carbohydrate: 14.5 grams**

**Fiber: 4.1 grams**

**Cholesterol: 37.9 mg**