**Chopped Greek Salad**

**Makes:** 8 Side Salads

Modified From CookieAndKate

**INGREDIENTS**

**Salad:**

* 10 ounces chopped romaine lettuce (about 2 medium or 3 small heads, chopped)
* 1 pint cherry tomatoes, quartered
* 1 medium cucumber (about 8 ounces), seeded and chopped
* 1 yellow or orange bell pepper (optional)
* ½ medium red onion, chopped (about 1 cup)
* ½ cup chopped fresh parsley
* ½ cup pitted and halved Kalamata olives
* 6 ounces feta cheese, sliced into ¼” cubes (about 1 ¼ cups)

**Greek Vinaigrette**

* ½ cup extra-virgin olive oil
* ¼ cup red wine vinegar
* 2 medium cloves garlic, pressed or minced
* 2 teaspoons dried oregano
* 1 teaspoon honey or maple syrup
* ½ teaspoon salt, more to taste
* Pinch of red pepper flakes, for heat (optional)

**DIRECTIONS**

1. In a large serving bowl, combine the chopped lettuce, tomatoes, cucumber, pepper, onion, parsley, olives and feta. Toss the ingredients together and set aside
2. To prepare the vinaigrette, combine all of the ingredients in a liquid measuring cup or a dressing mixer. Whisk until blended. Taste, and add more vinegar if you’d like a tangier dressing, or more honey for a sweeter dressing
3. If you’ll be serving all of the salad at once, go ahead and drizzle enough dressing in to lightly coat the salad and toss to combine. Refrigerate dressing and salad separately.
4. To make this a meal salad, add a whole grain (brown rice, bulgur wheat, farro, whole wheat pasta) and a protein (chicken, tofu, deli slices, beans, eggs, falafel).

|  |
| --- |
| **LOW PREP/DORM RECIPE TIP:**  When making this salad in your dorm, it may be easier to purchase pre-chopped peppers, onions, cherry tomatoes, and romaine lettuce so that there is minimal prep work. Store-bought Greek dressing can also be used. |