



# CLASSIC GREEK SALAD RECIPE

## INGREDIENTS

- 3 cups cucumber, chopped
- 2 cups cherry tomatoes, halved
- 1 small red onion, thinly sliced
- 1 green bell pepper, thinly sliced
- 1 cup Kalamata olives
- 150g feta cheese, cubed or crumbled
- 3 tbsp extra virgin olive oil
- 1 tbsp red wine vinegar or lemon juice
- 1 tsp dried oregano
- Salt & pepper to taste

## INSTRUCTIONS

1. Add cucumbers, tomatoes, onion, bell pepper, and olives to large bowl.
2. Drizzle with olive oil and vinegar/lemon juice.
3. Sprinkle oregano, salt, and pepper.
4. Toss gently to combine.
5. Top with feta. Serve fresh or slightly chilled.

## NUTRITIONAL INFO

(approximate per serving 1 cup):

|           |              |
|-----------|--------------|
| Calories: | – 180 kcal   |
| Protein:  | 5–6g         |
| Carbs:    | 7–9g         |
| Fat:      | 14–16g       |
| Sodium:   | Medium–High. |

## MEAL PREP VARIATION

For 3–4 days of prep → Prep veggies and store separately from dressing and feta.

Keep dressing in a jar, add right before eating.

Store feta in separate container to keep texture fresh.

Combine just before serving for best crunch and flavor.

**Bonus tip:** Layer in mason jar → Dressing at the bottom, then olives/ onions, peppers, and