

# Classic Greek Salad

## Ingredients

- 1 cucumber, chopped
- 1 red bell pepper, chopped
- 1 pint cherry or grape tomatoes, halved
- 1/2 red onion, sliced in half-rounds
- 1 can chickpeas, drained
- 1/2 pound feta cheese, diced or crumbled
- 1/2 cup kalamata olives, pitted

For the vinaigrette:

- 1 clove garlic, minced (or 1/2 tsp. powder)
- pinch dried oregano
- 1 teaspoon Dijon mustard
- 2 Tb. red wine vinegar
- pinch salt
- pinch ground black pepper
- 1/4 cup olive oil

**Nutrition Tip:** This recipe makes ~6 side salads or ~2-3 main dishes. It is packed with enough protein, healthy fats, and veggies to create a complete meal.



## Directions

1. Put cucumber, peppers, tomatoes, onion, and chickpeas in a large bowl.
2. For the vinaigrette, whisk together the garlic, oregano, mustard, vinegar, salt and pepper in a small bowl. Still whisking, slowly add the olive oil to make an emulsion. Pour vinaigrette over the vegetables to taste (you may have leftover dressing). Add the feta and olives and toss lightly. Enjoy!

Recipe adapted from

<https://www.foodnetwork.com/recipes/ina-garten/greek-salad-recipe-1948517>

Get more recipes at

[uhs.berkeley.edu/studentnutrition](https://uhs.berkeley.edu/studentnutrition)