



## **True Greek Salad**

3 cups tomatoes, chopped  
2 cups cucumber, peeled, or unpeeled, seeded, chopped  
3 Tablespoons chopped red onion  
2 cups chopped green bell pepper  
3 Tablespoons chopped fresh parsley  
2 ounces lowfat feta cheese, crumbled  
2 cups sliced black olives

### Lemon Dressing:

3 Tablespoons olive oil  
2 Tablespoons fresh lemon juice  
1/2 Tablespoons Greek seasoning mix

### Prepare Salad:

In a large bowl, combine tomatoes, cucumber, onion, bell pepper, parsley, feta cheese and olives. Set aside.

### Prepare Salad Dressing:

In a small bowl, whisk olive oil, lemon juice, and Greek seasoning mix. Pour dressing on salad; toss to mix.

If you want to make herb seasoning mix:

2 Tablespoons dried basil

2 Tbsp. dried oregano

1-1/2 Tablespoons dried marjoram

1/2 Tablespoon dried thyme

## **Recipes from Sizzling School Lunches**

### **Indiana cooks with Chef Cyndie**

Created by Indiana Department of Education

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**Hint:** Serve on a bed of lettuce topped with Greek-inspired ingredients and a fresh lemon dressing.

**About the Recipe:** Fresh tomatoes, crunchy cucumbers, red onion bits, crisp sweet peppers, savory black olives, and country parsley combine to create this fresh and light Greek Salad. Tossed with fresh lemon dressing, it adds a delightful Mediterranean touch to your dinner.