

Helergon Kitchen

Greek Salad Recipe – Fresh & Easy

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**Greek** Cuisine	

Ingredients

Main Ingredients

- [ ] 3 large ripe tomatoes, cut into wedges
- [ ] 1 large cucumber, sliced into half-moons
- [ ] 1/2 red onion, thinly sliced
- [ ] 1/2 cup Kalamata olives, pitted
- [ ] 150g feta cheese, crumbled
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tbsp fresh lemon juice
- [ ] 1 tsp dried oregano
- [ ] Salt and pepper to taste

Instructions

1. Wash all vegetables, then pat dry. Slice the tomatoes, cucumber, and red onion as described.
2. In a large bowl, combine the olive oil, lemon juice, oregano, salt, and pepper; whisk gently.
3. Add the sliced tomatoes, cucumber, and onion to the bowl and toss lightly, allowing the dressing to coat each piece.
4. Scatter the olives and crumbled feta over the salad, give a final gentle toss, and serve immediately.

Nutrition per serving

210 kcal	5 g	8 g	16 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the salad sits too long, the cucumbers may release water; add a squeeze of fresh lemon just before serving.
- Use a high-quality olive oil for the best flavor.
- For a heartier version, add grilled chicken or chickpeas.