Healthy Greek Salad

PREP TIME	TOTAL TIME	YIELD	DIETARY INFO
15 mins	15 mins	16 Portions	Gluten-Free

INGREDIENTS

For the Salad

- **8** Roma tomatoes, diced
- **4** English cucumbers, chopped
- **4** green bell peppers, seeded & chopped
- **1½ cups** red onion, thinly sliced
- **1½ cups** pitted Kalamata olives, halved
- **2 cups** feta cheese, crumbled or cubed

Lemon Herb Dressing

- **¾ cup** olive oil
- **⅓ cup** white vinegar
- **⅓ cup** fresh lemon juice
- **3 tbsp** Dijon mustard
- **6 cloves** garlic, minced
- **3 tsp** dried oregano
- **3 tsp** dried basil
- **1½ tsp** salt
- **1 tsp** black pepper

INSTRUCTIONS

Gluten-Free • Lactose-Free Option

1. In a small bowl, whisk together the olive oil, white vinegar, lemon juice, Dijon mustard, garlic, oregano, basil, salt, and black pepper until well combined.
2. In a large bowl, combine the diced tomatoes, chopped cucumber, green bell pepper, red onion, halved olives, and feta cheese.
3. Just before serving, drizzle the lemon herb dressing evenly over the salad.
4. Toss gently until all ingredients are evenly coated.
5. Serve immediately and enjoy!

> **Dietary Note:** To make this recipe completely lactose-free, replace the feta cheese with your favorite dairy-free/vegan feta alternative or serve the feta on the side.