

Authentic Greek Salad

Horiatiki Salata, known as a Greek Salad is a peasant salad in Greece and should be served with sweet ripe tomatoes and small Persian cucumbers if possible.

4	romaine lettuce leaves, chiffonade	6	pitted Kalamata olives
2	tomatoes, thinly sliced	2 ounces	Sheep's milk feta cheese
3	Persian cucumbers, thinly sliced	1 Tablespoon	Italian parsley leaves
1	green or red bell pepper, thinly sliced	1 Tablespoon	fresh mint leaves
¼ cup	red onion, sliced	1 Tablespoon	fresh oregano leaves
1	anchovy, rinsed and patted dry	3 grindings	fresh-ground black pepper
4	pepperoncini, sliced	2 Tablespoons	Greek olive oil
1 teaspoon	capers, rinsed	1 Tablespoon	good red wine vinegar

- 1 Choose a large platter to layer this salad. Thinly slice (chiffonade) the romaine and spread on the platter. Next, add a layer of tomato slices, then the cucumber slices, followed by the green or red pepper slices and the red onion. Mince the anchovy and sprinkle the bits of anchovy over the vegetables. followed by pepperoncini, the capers, the olives and the feta cheese.
- 2 Mince the parsley, mint, and oregano and sprinkle over the entire platter. Grind pepper over it all. Stir together the olive oil and red wine vinegar. Just before serving, drizzle the oil mixture over the salad and serve.

Servings: 4

Preparation Time: 15 minutes

Total Time: 15 minutes

Nutrition Facts

Nutrition (per serving): 204 calories, 107 calories from fat, 12.1g total fat, 13.5mg cholesterol, 321.1mg sodium, 865.2mg potassium, 21.7g carbohydrates, 5.8g fiber, 10.6g sugar, 6.3g protein.

Source

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Source: Around the GreekTable by Katerina Katsarka Whitley

