

Zucchini Bread Recipes

Vegan Greek Salad Recipe – Fresh & Healthy

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**Greek** Cuisine	**Salad** Course

Ingredients

Main Salad

- [ ] 3 cups chopped tomatoes (about 2 large)
- [ ] 2 cups diced cucumber
- [ ] 1/2 cup sliced Kalamata olives
- [ ] 1/4 cup thinly sliced red onion
- [ ] 1/2 cup vegan feta, crumbled
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp dried oregano
- [ ] Salt and freshly cracked black pepper to taste

Instructions

1. Wash all vegetables; pat dry. Slice the tomatoes into bite-size wedges and dice the cucumber into half-inch cubes.



2. In a small bowl, whisk together olive oil, lemon juice, oregano, salt, and pepper. Let the vinaigrette sit for a few minutes.



3. Combine tomatoes, cucumber, olives, and red onion in a large mixing bowl. Drizzle the vinaigrette over the veggies and toss gently.



4. Fold in the crumbled vegan feta last, giving the salad a final soft toss. Taste and adjust seasoning if needed.



5 Serve immediately, or let sit at room temperature for 10 minutes to let flavors meld.



Nutrition per serving

210 kcal	6 g	12 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the salad seems dry, add a splash more olive oil or lemon juice.
- For extra brightness, sprinkle a pinch of sumac over the top.
- Gently toss with a wooden spoon to keep the feta from breaking apart.