



Serves 4

This casual Mediterranean salad is great with all your grilled meats. For a wonderful Middle Eastern meal, try it with the Beef with Yogurt Sauce in the Main Dish section! These great recipes have been adapted from Light and Tasty magazine!



Greek Vegetable Salad

- 1 medium cucumber, peeled and chopped
- 1 large tomato, seeded and chopped
- 1 medium green pepper, chopped
- 4 green onions, chopped
- 10 pitted black olives
- 1/4 to 1/2 c. crumbled blue cheese

Dressing:

- 1/3 c. olive oil
- 3 Tbs. cider vinegar
- 1 tsp. salt
- 1 tsp. dried oregano
- 1/2 tsp. honey

In a serving bowl, combine the cucumber, tomato, green pepper, onions, olives and blue cheese. In a jar with a tight-fitting lid, combine the dressing ingredients; shake well. Drizzle over salad and toss to coat. Serve with a slotted spoon.

