

Greek Salad

If you're used to eating vinegar-based Greek salads, this traditional version—made with lemon juice—will be a delightful change.

PREP TIME: About 30 minutes

MAKES: 8 servings

NOTES: You can prepare through step 2 up to 4 hours ahead; cover and chill vegetables and dressing separately. Just before serving, pour cucumber mixture into a colander to drain off any liquid, then return to bowl and mix with feta cheese and dressing.

- 2 English cucumbers, cut into 1/2-inch cubes
- 2 pounds tomatoes, cored and cut into 1/2-inch cubes
- 1 medium red onion, chopped, then rinsed and drained
- 1 1/3 cups coarsely chopped parsley
- 1 1/3 cups drained pitted kalamata olives, halved if large
- 1/2 cup extra-virgin olive oil
- 1/2 cup lemon juice
- 1 1/2 teaspoons dried oregano
- 1 pound feta cheese

Salt and fresh-ground pepper

1. In a large bowl, combine cucumbers, tomatoes, onion, parsley, and olives.

2. In a small bowl, mix olive oil, lemon juice, and oregano.

3. Break feta cheese into about 1/2-inch chunks and add to cucumber mixture. Add dressing and mix gently, adding salt and pepper to taste.

Per serving: 390 cal., 76% (297 cal.) from fat;

11 g protein; 33 g fat (11 g sat.); 17 g carbo

(4.1 g fiber); 1,057 mg sodium; 51 mg chol.

