

Greek Salad



Ingredients:

½ small red onion, thinly sliced
2 large ripe tomatoes, roughly chopped
½ cucumber, deseeded and roughly chopped
100g/3½oz reduced fat feta cheese, drained and cut into cubes
50g/1¾oz black olives, pitted and drained (in brine not oil and preferably Kalamata olives)
Small handful fresh mint leaves
½ tsp dried oregano
2 tsp extra virgin olive oil
2 tsp fresh lemon juice
sea salt and freshly ground black pepper
2 wholemeal pitta breads, warmed

Method:

Put the onion, tomatoes and cucumber in a bowl and season to taste. Scatter the feta, olives and mint leaves on top. Sprinkle over the oregano and toss lightly. Drizzle over the oil and lemon juice and serve with warmed pitta bread.



*This recipe has been 'Tried & Tested' by Caroline Hobson, she says
'... taken from BBC Good Food Magazine. September 2009! So obviously stands the test of time!'*