

Romaine Italian/Greek Salad

This recipe is a combination of Italian and Greek ingredients I like and the proportions can be whatever amounts one likes.

Ingredients:

Romaine Lettuce, torn into bite size pieces

English cucumber, peeled, quarter and slice into chunks

Cherry tomatoes, cut in half

Red onion, thinly sliced and quarter

Kalamata and green olives, pitted and cut in half

8 oz. Sweet Red Peppers (Safeway "Signature Reserve" in the deli area), drain and quarter

Celery, chop into chunks

Fresh Italian parsley, chopped

Avocado, cut into chunks

Feta cheese, crumbled

1. Add all ingredients to salad bowl, except the avocado and feta cheese.
2. Add salad dressing and toss.
3. Gently add in avocado and feta cheese before serving.

Salad Dressing:

½ cup extra-virgin olive oil

3 tablespoons red wine vinegar

1 tablespoon fresh-squeezed lemon juice

½ teaspoon Dijon mustard

1 teaspoon dried oregano

½ teaspoon salt

Freshly ground black pepper to taste

1. Measure all ingredients into a jar with a tight-fitting lid. Shake vigorously until well-blended and emulsified.
2. Taste and adjust seasonings.
3. Store leftover dressing in the refrigerator for up to 2 weeks. Allow to come to room temperature and shake well before using.

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