

Horiatiki (Traditional Greek Salad)

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-horiatiki-salad-recipe>

Ingredients:

- tomatoes
- sweet cherry
- cucumbers with thin skin such as English or Persian cucumbers
- green bell pepper
- red onion
- Kalamata olives pitted
- sheep
- feta cheese
- capers
- kosher salt
- freshly ground black pepper
- extra virgin olive oil fruity is always best in salads
- red wine vinegar
- dried oregano
- 3/4 pound tomatoes such as Campari, cocktail, or cherry tomatoes, cut in bite-size quarters
- 1 English cucumber
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- 4 Persian cucumbers
- 1 medium green bell pepper cored and seeded then cut in bite-size pieces
- 1 cup pitted kalamata olives
- 1/2 cup red onion thinly sliced
- 1/4 cup extra virgin olive oil fruity
- 2 tablespoons red wine vinegar
- 1 teaspoon dried oregano
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 8 ounces feta cheese Greek sheep's milk, drained and cut into triangles
- 2 tablespoons capers drained and rinsed

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 55 milligrams
4. Fat: 36 grams
5. Fiber: 9 grams
6. Protein: 16 grams
7. SaturatedFat: 13 grams
8. Sodium: 1950 milligrams
9. Sugar: 21 grams

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