

# Greek Steak Salads with Herb and Garlic Vinaigrette

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-pepper-steak-recipe>

## Ingredients:

- 1 pound steak good quality, \*See notes
- mixed greens
- baby spinach
- arugula
- spring mix
- cherry tomatoes sliced in half
- red onion Finely sliced, preferably using. a mandolin
- Kalamata olives
- 2 tablespoons capers drained
- crumbled feta cheese
- 1/4 cup toasted pine nuts ; chopped walnuts, slivered almonds, or sunflower seeds also work.
- 1/4 cup extra virgin olive oil
- 2 tablespoons apple cider vinegar
- 2 tablespoons fresh squeezed lemon juice
- 2 cloves garlic smashed and peeled
- 1 teaspoon fresh thyme
- 1 teaspoon fresh parsley
- 1 teaspoon fresh basil
- 3 pinches kosher salt to taste
- cracked black pepper to taste

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 5 milligrams
4. Fat: 21 grams
5. Fiber: 1 grams

6. Protein: 3 grams
  7. SaturatedFat: 3.5 grams
  8. Sodium: 450 milligrams
  9. Sugar: 2 grams
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