

# Greek Salad

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 1 tomato medium ripe
- 1 1/4 cups cherry tomatoes ripe
- 1 beef tomato
- 1 red onion medium, peeled
- 1 cucumber
- 1 green pepper
- 1 handful fresh dill
- 1 handful fresh mint leaves
- 1 handful black olives stoned
- sea salt
- 1 tablespoon red wine vinegar
- 3 tablespoons extra-virgin olive oil good-quality Greek
- 1 1/3 cups feta cheese block
- 1 teaspoon dried oregano

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 45 milligrams
4. Fat: 23 grams
5. Fiber: 4 grams
6. Protein: 10 grams
7. SaturatedFat: 9 grams
8. Sodium: 910 milligrams
9. Sugar: 9 grams

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