

# Marinated Octopus Salad

Yield: 4 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/octopus-salad-puerto-rican-style-recipe>

## Ingredients:

- 1/2 cup white wine vinegar
- 1/2 cup fresh lemon juice
- 2 tablespoons kosher salt plus more to taste
- 4 bay leaves dried
- 1 pound baby octopus cleaned fresh or frozen and thawed, each cut into 5 pieces
- 1/2 cup extra-virgin olive oil plus more to taste
- 1 teaspoon dried oregano preferably Greek
- 1 clove garlic minced
- ground black pepper Freshly, to taste
- mixed salad greens for serving

## Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 4 grams
3. Fat: 27 grams
4. SaturatedFat: 4 grams
5. Sodium: 3600 milligrams
6. Sugar: 1 grams

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