

Mediterranean Summer Salad

A refreshing Mediterranean salad filled with vibrant flavors, featuring ripe tomatoes, crunchy cucumbers, briny olives, creamy feta cheese, and a citrusy dressing.



Salad

Mediterranean

15 min

Total time

Easy

Difficulty

250

kcal / serving

Ingredients

- 1 medium tomato
- 1/2 cucumber
- 10 Kalamata olives
- 2 oz feta cheese
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1/2 tsp dried oregano
- Salt and pepper to taste

Steps

- 1 Chop the tomato and cucumber into bite-sized pieces.
- 2 Pit the olives and slice them in half.
- 3 Crumble the feta cheese.
- 4 In a small bowl, whisk together olive oil, lemon juice, oregano, salt, and pepper to make the dressing.
- 5 In a large bowl, combine the tomato, cucumber, olives, and feta cheese.
- 6 Drizzle the dressing over the salad and toss gently to coat.
- 7 Serve chilled and enjoy!