

# **Greek and Italian Salad Recipes**

**By Christa Sinadinos**

## **Simple Summer Greek Salad**

Cut the following vegetable ingredients into bite size pieces, and then combine with the remaining ingredients. This salad tastes delicious in combination with hummus and or baba ganoush, as well as by itself.

2 ripe tomatoes  
1 large cucumber or two small ones (scrape out the seeds if they taste bitter)  
1 green pepper (medium size)  
2-3 Tbs. lemon juice (Meyer lemon's are best if they are available)  
1-2 Tbs. of extra virgin olive oil  
2 Tbs. fresh, chopped dill or fresh, chopped parley leaf  
Salt and pepper to taste

## **Greek Salad**

Lettuce greens, cleaned and chopped (two small heads or one large head)  
1 cucumber, medium to large size (peeled and chopped)  
2 grated carrots  
1 tomato (chopped into bite size pieces)  
1 green or red pepper (chopped into bite size pieces)

Toss the salad with the vinegar and oil and / or Italian dressing and garnish with 3-4 Greek olives and crumpled feta cheese.

## **Caprizzi Salad**

This is a variation of a traditional Italian tomato and mozerella salad.

Combine the following:

1 pint baby tomatoes or cherry tomatoes, rinse and dry, and then cut them in half  
1 cup of small mozzarella balls, halved  
Sprinkle the tomatoes and mozzarella with fresh ground pepper and sea salt  
Drizzle with olive oil and a splash of balsamic vinegar  
Lay fresh, thinly sliced basil leaves of over the top

## **Caprizzi Salad Variation II**

3 large heirloom tomatoes (cleaned and dried) cut in half inch slices  
2 large mozzarella cheese balls, cut in ¼ to ½ inch slices  
Layer by alternating tomato and mozzarella slices in a decorative fashion, on a the plate  
Drizzle with olive oil and a small amount of balsamic vinegar  
Sprinkle fresh ground pepper and sea salt over the top  
Lay fresh, thinly sliced basil leaves over the top