

COMPLIANT ‘DRY’ GREEK SALAD

Check out my recipe for Complaint Greek Dressing and Compliant Greek Tabouleh to compile an absolutely delicious and fat free version of this flavourful salad.

Ingredients

* 3 cucumbers, deseeded and chopped
* ¼ red onion, chopped
* 1 bell pepper, deseeded and chopped
* 1 container cherry tomatoes, rinsed and dried

Method

1. End and peel cucumbers. Cut in half and then quarter lengthwise. Deseed the cucumbers by running the knife down the jelly part. Use a tablespoon (bowl down) to remove any remaining seeds and jelly. Roll the 4 pieces (in the half of the cucumber) in a double piece of paper towel to absorb the extra water. Repeat this process for all three cucumbers. Then prepare the other vegetables.
2. Slice then chop the red onion. Separate the pieces. Red onion is strong so you want it divided evenly throughout the salad. Set aside.
3. Remove the stem off of the bell pepper and remove the seeds. Cut into thirds and then chop the thirds into bite-sized pieces.
4. To assemble the salad, you will want to do it in three layers so that the vegetables will be evenly distributed. So, remove the cucumber from the paper towel and chop it and put in a big bowl. Then add 1/3 of the red onion, one third of the bell pepper and one third of the cherry tomatoes. Repeat the layering two more times.
5. Cover and put in the fridge. This salad will last for about a week.
6. To serve this salad, put the salad on a bed about 4 cups of chopped greens. Then you can add the Greek Inspired Tabouleh and the Complaint Greek Dressing. And enjoy a new flavor profile to get your vegetables in.