

Layered Greek Salad

Author: Inspired by a recipe in *Recipes from a Kitchen Garden* by Shepherd and Raboff

Carolyn T's
Cookbook

Servings: 8



Notes: This doesn't have to be made in a layered form. You can make it in larger dice, but it's very colorful if you do it in small dice. There is virtually no "salad" aspect to this - it's all vegetables except for the radicchio. You may not need all the dressing. The original recipe suggested you do, but much of it pools in the bottom of the bowl, so there's not a need to. You could also use different vegetables, although you might lose the "Greek" aspect of it if you vary too far from the recipe. The radicchio was my addition, as well as the pita chips.

Description: A great summer salad with layers of finely diced veggies in a lemony dressing.

DRESSING:

- 1 clove garlic, minced
- 1/2 teaspoon salt
- 2 tablespoons lemon juice
- 3 tablespoons white wine vinegar
- 1/2 teaspoon ground cumin
- 1/2 cup olive oil
- 1 teaspoon fresh oregano, or 1/2 tsp dried
- 1/8 teaspoon freshly ground black pepper

SEASONING MIXTURE:

- 1 bunch green onions, sliced, including tops
- 1/2 cup fresh mint, or more if you like mint
- 1/2 cup Kalamata olive, pitted, chopped
- 8 ounces Feta cheese, crumbled

SALAD/VEGETABLE LAYERS

- 1 large cucumber, peeled, diced
- 1 whole red bell pepper, diced
- 1 whole yellow bell pepper, diced
- 4 large tomatoes, seeded, diced small
- 1 head radicchio, thinly sliced [optional]

GARNISH:

- 3 tablespoons parsley, chopped
- 1 cup pita bread, chopped, toasted, crushed

Serving Ideas: If you wanted to serve this for a buffet, spoon a portion of the salad out onto a lettuce cup so people could take a finished serving of it.

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 348 Calories; 24g Fat (61.3% calories from fat); 8g Protein; 26g Carbohydrate; 3g Dietary Fiber; 25mg Cholesterol; 855mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 4 1/2 Fat; 0 Other Carbohydrates.

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1. DRESSING: Combine dressing ingredients in a bowl and set aside.
2. SEASONING MIXTURE: This mixture is layered inbetween each veggie layer. Combine ingredients in a bowl and set aside.
3. SALAD: In a tall (rather than wide) glass bowl (a Trifle bowl would be ideal) place the cucumbers. Top with 1/4 of the seasoning mixture, sprinkled evenly over the vegetables. Do the same with the red bell pepper, then the seasoning mixture, etc. As you arrange the layers, do them as decoratively as possible so the bowl is attractive and doesn't have any smears on the side. Finish with the tomato layer (do not put on the radicchio).
4. Spoon the dressing on the salad, drizzling it all over the salad so it goes through many layers. Cover with plastic wrap and chill until you're ready to serve. This should be chilled for at least 30 minutes, or up to a couple of hours.
5. Add the radicchio on top of the salad, then sprinkle with the garnishes.
6. GARNISHES: Separate the pita bread, roughly chop and place on a baking sheet. Spray with olive oil spray and bake at 450 for about 7 minutes until they're toasted but not burned. Set aside to cool, then store in a sealed plastic bag until ready to use. Crush them gently in the plastic bag (so they're all about a small bite size) and sprinkle on top of the salad. Sprinkle the parsley on top and serve.