

# Greek Salad

Summer calls out for leisurely dining that's designed for hot weather. A fresh, crisp Greek salad awaits. Relax and enjoy this classic. Basil hummus, warm bread and vine-ripened cantaloupe complete the meal.

Just a note about this salad: It's best to use an avocado that isn't too soft. An overly ripe avocado will begin to break up and mash when you toss it with the finished salad.

**Preparation time: 30 minutes - Servings: 2**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize ingredients before you start assembling. Prep 2 cloves of chopped garlic: 1 for the hummus and 1 for the dressing. There are two different onion preps: 1/3 C. chopped sweet onion for the hummus and 2/3 C. coarsely-chopped red onion for the Greek Salad.

### Basil Hummus/Bread

- 1 clove garlic (smashed and chopped)
- 1/3 C. sweet onion (chopped)
- 1 C. fresh basil leaves
- juice from one large lime
- 3 T. chunky peanut butter
- one 15 oz. can garbanzo beans (drained, rinsed)
- 2 T. olive oil
- 1 tsp. Asian pepper sauce
- 1 T. rice wine vinegar
  
- 2/3 C. tomato (finely chopped)
- 1 baguette (warmed)

### Greek Salad

- 3 leaves Romaine lettuce (washed and broken into pieces)
- 2/3 C. red bell pepper (coarsely chopped)
- 2/3 C. green bell pepper (coarsely chopped)
- 12-16 slices cucumber (quartered)
- 2/3 C. red onion (thin-sliced and quartered)
- 3 Roma tomatoes (chopped into large pieces)
- 6 pitted Kalamata olives (halved)
- 1 medium avocado (diced)
- 1/4 C. crumbled feta cheese

### Greek Salad Dressing

- 3 T. olive oil
- 3 T. low-sodium vegetable broth
- 1-1/2 T. fresh lemon juice
- 1 T. red wine vinegar
- 1 clove garlic (smashed and chopped)
- 1 T. parsley (chopped)
- 1/2 tsp. dried oregano
- 1/2 tsp. honey
- a pinch of salt

### Finish

- 1 fresh cantaloupe (cut into cubes)

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

Make the hummus first. It will just get better as it rests. You can also assemble most of the Greek salad in advance. Just wait to add the avocado until just before dining.

### Basil Hummus/Bread

#### Basil Hummus:

Combine all ingredients (except tomato) in a food processor. Blend until smooth. Transfer to a bowl and stir in chopped tomato.

(About 10 minutes before you wish to dine, wrap bread in foil and warm in a 200° oven.)

### Greek Salad and Dressing

Toss all prepped lettuce, peppers, cucumber, onion, tomatoes and olives in a large shallow serving bowl.

Whisk dressing ingredients together in a separate bowl. Pour over salad and toss.

Add avocado just before serving.  
Top with feta cheese.

### Honey Mustard Dressing/Serve the Meal

Serve salad family-style in the center of the table along with hummus and warm bread.

Serve the cubes of melon in a separate bowl.

### What I've Learned from this Recipe

Cut and add the avocado to the salad last to prevent it from oxidizing and turning brown.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)