Greek Horiatiki Salad

Prep Time: 10 minutes
Cooking Time: None

Cooking Equipment:
Cutting board & knife
Mixing bowl
Measuring cups & spoons
Spoon

Ingredients:
5 large tomatoes
1 small red onion, thinly sliced
1 pinch of salt, optional
1-1/2 tsp. dried oregano
1 (4 ounce) contained crumbled feta cheese
1/2 cucumber, sliced
1 small green bell pepper, sliced
1/4 cup Greek black olives
3 Tbsp. olive oil

Directions:
Cut the tomatoes into wedges and add tomatoes & juices to a mixing bowl. Add onion slices. Liberally season with salt & oregano.
Mix and allow tomatoes to sit at room temperature for at least 30 minutes, up to 2 hours, so that the salt releases the tomato juices.
Mix in feta cheese, cucumber, bell pepper, & olives just before serving.
Stir everything together and drizzle with olive oil.

Serving per recipe: 4
Serving Size: ½ cup
Calories: 233
Total Fat: 8 g
Carbohydrate: 14 g
Protein: 6 g
Sodium: 320 mg
**Spinach, Dill, Feta & Phyllo Dough**

Prep Time: 15 minutes  
Cooking Time: 40 minutes

**Cooking Equipment:**
- Stockpot
- Bamboo spoon
- 9” x 13” baking dish
- Colander & scissors
- Basting brush & spreader

**Ingredients:**
- 1/2 cup olive oil
- 6 cups chopped yellow onions
- 3/4 cup uncooked, long-grain white rice or brown rice
- 4- 1/2 # fresh spinach, tough stems, removed
- 3/4 cup finely chopped fresh Italian flat-leaf parsley
- 1/2 tsp kosher salt
- 3-scallions, white & tender green parts chopped
- 3/4 cup finely chopped fresh dill
- 1 1/2 cups crumbled feta cheese & 1/2 tsp. black pepper
- 1 # phyllo dough (20-24 sheets)

**Directions:**

Preheat oven to 350 degrees F.
Heat olive oil in stockpot over medium-high heat. Add the onions & saute until lightly browned.
Add the rice & stir coating the rice with oil 2 to 3 minutes. Add the spinach in 5 small batches, folding the raw leaves under with a spoon as you add each batch. Add salt to wilt down the spinach. Once spinach is wilted, stir in the scallions, parsley & dill. Strain off liquid & let spinach mixture cool. Add feta & pepper. Brush a 9 x 13 pan with olive oil. Line the bottom with half of the phyllo sheets (10-12 sheets) layering them one at a time; press smooth, gently press the dough into the corners of the dish; brush with olive oil. Smooth the top sheet of the phyllo & brush with olive oil. Spread the spinach filling evenly over the top. Score top into 12 squares. Bake 40 minutes until golden.

Serving per recipe: 12  
Serving Size: 1 square  
Calories: 301  
Total Fat: 14 g  
Carbohydrate: 37 g  
Protein: 10 g  
Fiber: 5 g  
Sodium: 440 mg