

## Quick Bites International: Greece

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### 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