

Providing compassionate care and hope to people facing cancer

Mediterranean Chopped Salad: Summer 2025 BW I

Ingredients

Salad:

2 heads romaine lettuce *chopped, about 6 cups*
1 pint grape tomatoes *quartered*
1 cup Persian cucumbers *chopped*
15 ounce can chickpeas *drained and rinsed*
¼ cup red onions *finely chopped*
¼ cup pitted Kalamata olives *sliced*
¼ cup crumbled feta cheese
1 tablespoon parsley *chopped*
4 eggs, *hardboiled*
1 Tablespoon oregano, *fresh*

Dressing:

3 tablespoons lemon juice
2 teaspoons Dijon mustard
1 garlic clove *pressed*
½ teaspoon fresh oregano
¼ teaspoon black pepper
2 Tablespoons red wine vinegar

Instructions

1. Assemble the salad in a large bowl by placing the chopped lettuce first, then arranging lines of the remaining ingredients on top of the chopped lettuce.
2. To prepare the dressing, whisk together all the ingredients for the dressing in a small mason jar until emulsified.
3. When ready to serve, pour the dressing on top of the salad. Garnish with parsley.

Serving Size: 1 cup, 4 servings

Providing compassionate care and hope to people facing cancer

Mediterranean Chopped Salad: Summer 2025 BW I



Nutrition Tip

- Keep this dish plant based by using chickpeas and quinoa as a protein source.
- Add some crunch by roasting the chickpeas first (pat them dry and coat in olive oil/seasonings of choice – roast in an even layer on baking sheet at 400 degrees for 20-30 minutes, shaking every 10 minutes).