

Greek Salad

adapted from Mark Hyman

4 servings

1 large cucumber, sliced lengthwise on the diagonal, seeds removed
1 cup cherry tomatoes, halved
1/4 cup red onion, finely diced
1 small red bell pepper, diced
5 ounces arugula or mixed baby greens
Greek Dressing
1 avocado, diced
1/2 cup kalamata olives

- Toss all vegetables except avocado and olives with dressing in a large bowl.
- Add olives and avocado mix gently
- Serve

Greek Salad Dressing

2 cloves garlic, finely minced
1 tsp oregano
1/2 tsp Dijon mustard
4 Tb apple cider vinegar
1/2 tsp Celtic sea salt
1/2 cup extra virgin olive oil
Black pepper, to taste

- Prepare dressing: mix all dressing ingredients except for oil in a small bowl.
- Stream in oil and whisk until combined.
- Season with black pepper to taste.