

Greenhouse Vegetable Greek Salad



Recipe Rating	
Total Time	20 Minutes
Cooking Time	None
Total Labour	20 Minutes
Knife Skills	Basic

Equipment
Chef's knife/Peeler/Cutting Board
Spoon/Spatula
Mixing Bowl or Pan

Nutrition Facts	
Valeur nutritive	
Per 1 serv (74g) / par 1 serv (74g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 50	
Fat / Lipides 3.5g	6%
Saturated / satures 1.5g	
+ Trans / trans	
Cholesterol / Cholesterol 5mg	
Sodium / Sodium 90mg	4%
Carbohydrate / Glucides 3g	1%
Fibre / Fibres less than 1g	3%
Sugars / Sucres 2g	
Protein / Proteines 2g	
Vitamin A / Vitamine A	
Vitamin C / Vitamine C	8%
Calcium / Calcium	4%
Iron / Fer	2%

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	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
English Cucumber, Fresh, Diced	750 gm	1.7Lbs	1.5 Kg	3.4 Lbs
Tomatoes, Fresh, Roma, Diced	750 gm	1.7 Lbs	1.5 Kg	3.4 Lbs
Onions, Fresh, Diced	100 gm	3.5 oz	200 gm	7oz
Feta Cheese, Crumbled	200 gm	7.1 oz	400 gm	14.2 oz
Olive Oil, Extra Virgin	50 mL	1.7 fl oz	100 mL	3.4 fl oz
Oregano, Dried	2.5 mL	½ tsp	5 mL	1 tsp
White Sugar	4 mL	0.8 tsp	8 mL	1.6 tsp
Lemon Juice	25 mL	0.9 fl oz	50 mL	1.8 fl oz

Method



1. Peel onions. Wash English cucumber and tomatoes. Dice vegetables uniformly.



2. In a large bowl, add ingredients except feta cheese.



3. Store in refrigerator. Prior to service, add crumbled feta cheese.

Serve Cold.



4. **Bulk:** Portion into service dishes or leave in bulk for dining room service.

Cold Plating: plate alone or as a side dish. Place on the cold side of the tray prior to service.

Garnish: n/a

Food Accompany: **Any appropriate entrée**