

... Everything ...
HERBAL
By Cheryl Jabz



NATURAL • FAITH • WELLNESS

Classic GREEK VILLAGE SALAD

A fresh, simple & vibrant salad
inspired by the Greek countryside.

FRESH • CRISP • HEALTHY • DELICIOUS



INGREDIENTS

- 4 large ripe tomatoes, cut into wedges
- 1 cucumber, sliced
- 1 green bell pepper, sliced
- 1 red onion, thinly sliced
- 1 cup Kalamata olives
- 1 cup feta cheese, cut into cubes (about 4 oz)
- 2–3 Tbsp extra virgin olive oil
- 2 Tbsp red wine vinegar
- 1 tsp dried oregano
- ½ tsp sea salt (or to taste)
- ¼ tsp black pepper (or to taste)
- Fresh oregano leaves (optional) for garnish

BEST SERVED WITH:

- Grilled chicken or fish
- Pita bread & hummus
- Greek lemon potatoes
- Stuffed grape leaves



DIRECTIONS

- PREPARE VEGGIES:** Wash all vegetables. Cut tomatoes into wedges, cucumber into slices, bell pepper into strips, and red onion into thin slices.
- COMBINE:** In a large salad bowl, add the tomatoes, cucumber, bell pepper, red onion, and olives.
- ADD FETA:** Top with feta cheese cubes.
- MAKE DRESSING:** In a small bowl or jar, whisk together olive oil, red wine vinegar, oregano, salt, and pepper.
- TOSS GENTLY:** Pour dressing over the salad and toss gently to combine. Be careful not to break the feta.
- GARNISH & SERVE:** Garnish with fresh oregano leaves if using. Serve immediately and enjoy this refreshing Greek classic!

CHEF CHERYL'S TIPS

- Use the ripest tomatoes you can find for the best flavor.
- For extra crunch, add a handful of capers.
- Let the salad sit for 10–15 minutes before serving to let the flavors blend.

Proverbs 15:17
(KJV)

"Better is a dinner of
herbs where love is,
than a stalled ox and
hatred therewith."



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INGREDIENTS



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