



Lakonic Sun™

AUTHENTIC GREEK PRODUCTS

Traditional Greek Village Salad



This recipe is a traditional Greek village salad from our family's kitchen in Sparta, Lakonia, Southern Greece.

Ingredients

One large tomato
One small onion
One green pepper
Greek olives
4 slices of feta cheese
2 Tbs extra virgin olive oil
Mediterranean wild oregano
Mediterranean raw sea salt

Cut the tomato, onion, and green pepper in small slices. Add the olives and the feta cheese slices. Add the extra virgin olive oil. Sprinkle Mediterranean wild oregano and Mediterranean raw sea salt to taste.

Yields 2 servings.