

Recipe – Salata

Ingredients:

- 1 head romaine, torn
 - 1 bunch arugula, chopped in half
 - 1 bunch watercress, chopped in half
 - 3 scallions, chopped
 - 1 red pepper, sliced thin
 - 4 sprigs dill, chopped
 - ¼ cup thin sliced red onion
 - 1 small bulb fennel, thinly sliced
 - ½ pound Greek olives, pits removed
 - 1 brick goat or sheep's milk feta, crumbled
 - Optional: 8 hard boiled eggs if this is the main dish
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- 2/3 cup olive oil
 - 4 sprigs dill
 - 4 sprigs mint
 - juice of ½ lemon
 - 2 – 3 TBS red wine vinegar
 - 3 cloves garlic
 - ¼ cup pine nuts
 - ½ tsp salt, if permitted
 - drizzle of water

Directions:

Combine the salad ingredients in a large, flat bowl or platter.

Process all the dressing ingredients up to the water. It will be thick and creamy. Drizzle the water in slowly to bring it to the desired consistency.

Toss with the salad.

Peel and halve the eggs and offer 2 halves per serving if you want more protein.

Serves 8 as a main dish.