

## **Greek Salad & Yogurt Crema**

Yield: 6 servings

## Ingredients:

4 1/2 C Cucumbers, Fresh diced

1 1/2 C Cherry tomatoes, Freshed halved

6 Tbsp Red Onions, thinly sliced

3/4 C Red Wine Vinegar

6 Tbsp Olive Oil

1 Tbsp Oregano, Fresh chopped

1 1/2 tsp Parsley, Fresh minced

1 tsp Kosher Salt

3/4 tsp Black Pepper, Ground

1/2 C Plain Lowfat Greek Yogurt

3 Tbsp Lemon Juice

1/4 tsp Kosher Salt

1/8 tsp Black Pepper, Ground

3/4 C Feta Cheese, Reduced Fat

3/4 tsp black pepper

## Directions:

- 1. Combinefirst 9 ingredients in a large mixing bowl and mix until ingredients are well incorperated.
- 2. Transfer in to a storage container, cover, and reserve under refrigeration for 1 hour before serving.
- 3. Combine next 5 ingredients in a large mixing bowl and whisk until smooth and ingredients are thoroughly mixed.
- 4. Transfer the mixture in a storage container, cover, and refrigerate until needed.
- 5. For each portion, top 1 Cup(s) of cucumber salad with 2 Tbsp(s) of feta cheese, and drizzle with 2 Tbsp(s) of greek yogurt lemon crema; Finish with 1/8 tsp(s) of fresh cracked black pepper.
- 6. Serve.

Recipe and photo courtesy of Danone