Loma Linda University Allied Health Nutrition & Dietetics

Greek Salad

Portions: 120 (~135 cups)

Ingredients:

- Tomatoes, seeded and diced
- Cucumber, seeded and diced
- Red bell pepper, diced
- Kalamita olives, pitted
- Red onion, diced
- Fresh Italian parsley, chopped
- Extra-virgin olive oil
- Red wine vinegar (use substitute)
- Dried oregano
- Feta cheese, crumbled

Amount	Item
22.5 lbs	tomatoes, seeded and diced
60 cups (~4 gallons)	cucumber, seeded and diced
30 cups (~2 gallons)	red bell pepper, diced
7.5 cups	kalamata olives, pitted
7.5 cups	red onions, diced
5.5 cups	fresh Italian parsley, chopped
5.5 cups	extra virgin olive oil
3 cups	red wine vinegar SUBSTITUTE
5 T	dried oregano
7.5 cups	feta cheese, crumbled

Method:

1. Toss first 9 ingredients in medium bowl to blend. Gently mix in cheese. Season with salt and pepper.

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