

Greek Spinach Salad

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Original Recipe from the California Culinary Academy

Serves: 6



Greek Spinach Salad is a refreshing dish on a hot summer day. Prepare the spinach ahead of time -- wash and store in plastic bags. The cucumbers can be pre-marinated in the dressing, which gives them an additional zest. Feta cheese, an important ingredient in many Greek dishes, is added both to the greens and to the dressing. Pine nuts, black olives and some type fruit if desired top the salad as a garnish. Serve with crusty French bread and chilled white wine.

Ingredients

2 bunches spinach
½ cup red onion, thinly sliced
½ cup peeled and seeded cucumbers, thinly sliced
½ cup sliced radishes
4 ounces feta cheese, crumbled
1 teaspoon Dijon mustard
2 tablespoons chopped parsley
1 green onion, sliced
1 tablespoon lemon juice
1 teaspoon minced garlic
2 tablespoons olive oil
¼ cup pine nuts, for garnish
¼ cup Greek olives (optional), for garnish
fruit (optional)

Cooking Method

Wash spinach, remove stems, and pat leaves dry, then tear into bite-size pieces.

1. Place spinach in a salad bowl with red onion, cucumbers, radishes, and half of the feta.
2. In a blender puree remaining feta, mustard, parsley, green onion, lemon juice, garlic, and olive oil.
3. Pour over salad.
4. Garnish with pine nuts, fruit and Greek olives (if desired).