



Local Food Program

Learn more online  
[ces.ncsu.edu](http://ces.ncsu.edu)

## Greek Tomato Salad

Serves 6

### Ingredients

- > 4 medium tomatoes, sliced
- > 1/2 medium onion, thinly sliced
- > 1/2 green bell pepper, chopped
- > 1 small cucumber, chopped
- > 1 tablespoon fresh basil, chopped
- > 2 teaspoons olive oil
- > 2 teaspoons vinegar
- > 1 small garlic clove, minced
- > 1/2 cup of crumbled feta cheese
- > Salt and pepper to taste

### Instructions

1. Combine the tomatoes, onions, peppers, and cucumbers in a bowl.
2. In a small bowl, mix the basil, olive oil, vinegar, and garlic together and add this mixture to the vegetables. Stir until combined.
3. Garnish with feta cheese. Add salt and pepper to taste.

### Storing Tomatoes

- > Store unwashed tomatoes at room temperature in a dry place away from direct sunlight. Do not refrigerate tomatoes – it will cause them to lose their flavor.

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV	Amount/serving	% DV
	<b>Total Fat</b> 4.5g	7%	<b>Sodium</b> 540mg	23%	Vitamin A	6%
Saturated Fat 2g	10%	<b>Total Carbohydrate</b> 8g	3%	Vitamin C	45%	
Trans Fat 0g		Dietary Fiber 2g	8%	Calcium	10%	
<b>Cholesterol</b> 10mg	3%	Sugars 5g		Iron	4%	
Amount per serving		<b>Protein</b> 3g				
<b>Calories</b>						
<b>80</b>						



Local Food Program

Learn more online  
[ces.ncsu.edu](http://ces.ncsu.edu)

## Greek Tomato Salad

Serves 6

### Ingredients

- > 4 medium tomatoes, sliced
- > 1/2 medium onion, thinly sliced
- > 1/2 green bell pepper, chopped
- > 1 small cucumber, chopped
- > 1 tablespoon fresh basil, chopped
- > 2 teaspoons olive oil
- > 2 teaspoons vinegar
- > 1 small garlic clove, minced
- > 1/2 cup of crumbled feta cheese
- > Salt and pepper to taste

### Instructions

1. Combine the tomatoes, onions, peppers, and cucumbers in a bowl.
2. In a small bowl, mix the basil, olive oil, vinegar, and garlic together and add this mixture to the vegetables. Stir until combined.
3. Garnish with feta cheese. Add salt and pepper to taste.

### Storing Tomatoes

- > Store unwashed tomatoes at room temperature in a dry place away from direct sunlight. Do not refrigerate tomatoes – it will cause them to lose their flavor.

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV	Amount/serving	% DV
	<b>Total Fat</b> 4.5g	7%	<b>Sodium</b> 540mg	23%	Vitamin A	6%
Saturated Fat 2g	10%	<b>Total Carbohydrate</b> 8g	3%	Vitamin C	45%	
Trans Fat 0g		Dietary Fiber 2g	8%	Calcium	10%	
<b>Cholesterol</b> 10mg	3%	Sugars 5g		Iron	4%	
Amount per serving		<b>Protein</b> 3g				
<b>Calories</b>						
<b>80</b>						



Notes:



Notes: