



Greek Salad

Serves 4-6 people

*Chef Raquel graduated with highest honors from the culinary program at the Institute of Culinary Education after completing her externship at Le Bernardin in NYC. In 2009, Chef Raquel created **A Pinch of Salt, LLC** offering hands-on cooking instruction focusing on the preparation of healthy, gourmet, yet practical and inexpensive meals. Currently, Chef Raquel partners with The Council of Churches of Greater Bridgeport (CCGB) developing and executing an intensive culinary training program for inspiring food entrepreneurs. She also provides CCGB's network of food pantries and community meals programs extensive cooking education. Chef Raquel also provides outreach and cooking education for the Bridgeport Farmers Market Collaborative, FreshConnections and Hall Neighborhood House. This builds on her commitment to Mrs. Obama's Let's Move initiative and her experience with Wellness in the Schools, a NYC based nonprofit focusing on providing public school students nutritious meals which are reinforced through cooking educating in the classrooms and gardening. Chef Raquel is passionate about educating youth groups, families, seniors and communities on the importance of healthy cooking, understanding nutritional information, stretching food dollars, utilizing farmers' markets and community gardens and making eating healthy a lifestyle.*

Ingredients:

2 large beefsteak tomatoes or 3 Romas, diced or 1 pint of cherry tomatoes halved
1 hothouse cucumber or two regular cucumbers, seeded and diced into half moons
½ small red onion, thinly sliced
10-12 kalamata olives, roughly chopped
4 oz. feta cheese crumbles
1-2 tsp. dried oregano
Good splash of Red wine vinegar
Extra-virgin olive oil, as needed
Salt & pepper, to taste

Directions:

In a large bowl toss the tomatoes, cucumbers, onion and olives. Fold in the feta cheese.
Dress with a splash or two of red wine vinegar and extra-virgin olive oil.
Season with salt, pepper and marinate for at least 30 minutes before serving.

Chef Raquel Rivera-Pablo

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