

MINI GREEK SALAD IN CUCUMBER CUPS



Yields:
8 servings

INGREDIENTS

For the cups:

1	Long English BC Cucumber (half for small dices and half for making cups)	1
3	Medium Vine Ripened BC Tomatoes with the seeds	3
1	Red or Yellow BC Bell Pepper	1
¼	Small BC Red Onion	¼
¼ cup	Kalamata Olives	60 ml
¼ cup	BC Feta Cheese, crumbled	60 ml

For the dressing:

¾ cup	Olive Oil	180 ml
¼ cup	Red Wine Vinegar	60 ml
1 tsp	Dijon Mustard	5 ml
1 tbsp	Oregano	15 ml
1	BC Garlic Clove, minced	1
To Taste	Salt and Pepper	To Taste

DIRECTIONS

1. Slice half of the BC Cucumber into 1.5 inch (4 cm) rounds.
2. Scoop out the interior of the cucumber using a melon ball scoop.
3. Set your cups aside until rest of salad is complete.
4. Small dice BC Tomatoes, BC Peppers, BC Red Onion, and olives and toss with crumbled BC Feta Cheese.
5. In a separate bowl, whisk together all the dressing ingredients.
6. Pour dressing over salad ingredients and spoon into cucumber cups.
7. Garnish with half of an olive.

