

Kitchenalia Westboro

315 Richmond Road Ottawa, Ontario | (613) 728-6121

Mediterranean Wedge Salad

Serves 4

This Mediterranean-inspired twist on the classic wedge salad is a refreshing addition to any summer menu. Enjoy a crisp, fresh wedge of iceberg lettuce topped with tomatoes, olives, fresh herbs, and a creamy feta dressing. It's a delightful salad -- the perfect antidote for warm summer days!

Salad Ingredients:

1 small head of iceberg lettuce,
cut into 4 wedges
1 cup cherry tomatoes, halved
3 mini cucumbers, sliced
1/4 red onion, thinly sliced with a handheld mandoline
1/4 cup Kalamata olives, pitted and quartered
1/2 cup crumbled feta cheese
Handful of fresh mint leaves, chiffonade cut
Handful of fresh basil leaves, chiffonade cut

Dressing Ingredients:

1/2 cup crumbled feta cheese
1/2 cup plain Greek yogurt
1/3 cup extra-virgin olive oil
1/4 cup fresh squeezed lemon juice
2 tablespoons red wine vinegar
1 teaspoon Dijon mustard
1 clove garlic
1 tablespoon honey
1 teaspoon dried oregano
1/2 teaspoon Kosher salt
Freshly ground black pepper, to taste

Directions:

1. Make the creamy feta salad dressing. In a blender or food processor, add the crumbled feta cheese, plain Greek yogurt, extra-virgin olive oil, lemon juice, vinegar, mustard, minced garlic, honey, dried oregano, a pinch of salt, and a few grinds of black pepper. Blend until smooth and creamy. Set aside until ready to assemble the salads.
2. Prepare the vegetables and herbs. Slice the tomatoes using a serrated knife. Create thin slices of cucumber and red onion using a handheld mandoline. Quarter the olives, and chiffonade the mint and basil.
3. Prepare the lettuce. Carefully remove any limp outer leaves from the iceberg lettuce and cut it into four wedges. Be sure to keep the core intact to hold the leaves together. Place a lettuce wedge on individual serving plates, or place all four together on a large platter.
4. Drizzle a layer of dressing over the wedges. Distribute the cherry tomatoes, sliced cucumber, thinly sliced red onion, Kalamata olives, and crumbled feta cheese evenly over the lettuce wedges.
5. Drizzle another layer of dressing over the loaded wedges. Finish garnishing the salad with the mint and basil, another grind of pepper, and a sprinkle of salt.
6. Serve the wedge salad as a refreshing starter or as a light, flavorful side dish.