Mediterranean Salad

Description

You can put this Mediterranean salad variation together with many different combinations of fresh salad ingredients, herbs and vegetables. The distinctive Mediterranean influences include the assorted Greek olives, Feta cheese, fresh tomatoes, and cucumbers.

A simple balsamic vinaigrette dressing is the perfect compliment.



Summary

Yield: 2
Prep Time: 10 minutes
Category: Salads
Cuisine: Mediterranean

Ingredients

- 2 cups assorted fresh salad greens (mesclun, provence style)
- 1 cup fresh arugula
- 1/2 cup fresh bean sprouts
- 1/2 med cucumber, sliced
- 1/4 red bell pepper, thin slices
- 1/4 yellow bell pepper, thin slices
- 1/2 cup fresh brown mushrooms, sliced thin
- 1 tbsp pine nuts, toasted
- 2 tbsps feta cheese, crumbled
- 8 cherry tomatoes
- 2 tbsps fresh pomegranate seeds (arils)
- 6 sweet cherry peppers
- 10 assorted greek olives

Instructions

If you are making a smaller number of salads (1 to 2), it's easiest to prepare directly into the individual salad bowls. If you are making a larger number of servings, better to prepare in a larger bowl and transfer individual serving portions to your salad bowls when you're ready to serve.

There is a bit of technique to the order that you add the ingredients to build and layer your salad.

Start with a Mesclun style mixture of fresh salad greens and lettuces including red lettuce, spinach, swiss chard, endive, dandelion, frisée, sorrel, radicchio, etc. Use about 1 cup of mixed greens per serving.

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Add 1/2 cup of fresh arugula per serving.

Slice the red and yellow bell peppers circumference wise, to create rings. Cut the rings in quarters and add to the salad mix.

Add the bean sprouts and sliced mushrooms next. Layer the cucumber slices over the mushrooms.

Put 4 or 5 small cherry tomatoes over the cucumbers along with 4 to 5 assorted Greek green and black olives (Kalamata, Amphissa, Ionian, Napfilion, etc.). Add 2 to 3 sweet cherry peppers for each serving.

Sprinkle the feta cheese, pomegranate seeds and toasted pine nuts over the top.

A simple balsamic vinaigrette salad dressing is perfect. Try 2/3 extra virgin olive oil, 1/3 white or red balsamic vinegar, and 2 garlic cloves crushed. Mix thoroughly to emulsify. Pour 2 to 3 tablespoons of vinaigrette over each salad serving.

Add a sprinkle of fresh ground black pepper and fresh ground sea salt for the finishing touch.

Notes

We particularly enjoy the Mezzetta brand for Sweet Cherry Peppers . These are pretty easy to find in the gourmet section of most supermarkets.

Here's a helpful page for more Greek, Spanish and Italian olive information .

The pomegranate fruit, arils with the seed inside, adds a bright burst of sweet and tangy fruit flavor. And healthy too, a good source of antioxidants and fiber (seed).