



APR
2016

Chopped Greek Salad

with Cannellini Beans, Olives, and Toasted Pita

Take a trip to Greece with this traditional Greek Salad! Creamy cannellini beans are simmered in a Mediterranean-inspired garlic marinade, then served with tomato, feta, cucumber, olives, and warm pita strips.



Pitas



Garlic



Lemon



Black Olives



Cucumber



Oregano



Grape Tomatoes



Red Onion



Cannellini Beans



Balsamic Vinegar



Feta

Ingredients	2 People	4 People
Pitas	2 1) 2) 3)	4
Garlic	2 cloves	4 cloves
Lemon	1	2
Black Olives	1 oz	2 oz
Cucumber	1	2
Oregano	¼ oz	½ oz
Grape Tomatoes	4 oz	8 oz
Red Onion	1	1
Cannellini Beans	1 Box	2 Boxes
Balsamic Vinegar	1 T	2 T
Feta	½ Cup 2)	1 Cup
Oil*	4 t	8 t

*Not Included

Allergens

- 1) Wheat
- 2) Milk
- 3) Soy

Tools

Zester, Peeler, Strainer, Baking sheet, Large pan, Large bowl

Ruler

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Nutrition per person Calories: 554 cal | Fat: 17 g | Sat. Fat: 2 g | Protein: 20 g | Carbs: 78 g | Sugar: 9 g | Sodium: 665 mg | Fiber: 19 g



1 Prep the ingredients: Wash and dry all produce. Preheat the oven to 400 degrees. Zest the **lemon**, then juice one half. Mince or grate the **garlic**. Cut the **cucumber** into ¾-inch cubes. Halve, peel, and thinly slice **half the onion**. Halve the **olives** and **tomatoes**. Finely chop the **oregano leaves**. Drain and rinse the **beans**.

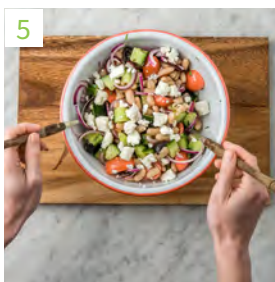


2 Cook the beans: Heat a drizzle of **oil** in a large pan over medium heat. Add the **cannellini beans** and **garlic** and cook, tossing until the garlic is fragrant, for 1-2 minutes. Remove the pan from the heat and stir in the **lemon zest**. Season with **salt** and **pepper** and set aside.



3 Toast the pitas: Cut the **pita** into thin strips. Place the strips onto a baking sheet and drizzle with **oil**. Place in the oven for about 5 minutes, until slightly crispy.

4 Make the dressing: In a large bowl, combine the **oregano, lemon juice, 1 Tablespoon balsamic** and a large drizzle of **oil**. Season with **salt** and **pepper**.



5 Toss the salad: Toss the **cucumber, feta, tomatoes, cannellini beans, olives,** and **red onion** (to taste) into the dressing. Season with **salt** and **pepper**.

6 Enjoy: Serve the **chopped Greek salad** with the **toasted pita** on top and dig in!

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