Plate Dream

Vegan Greek Salad - Fresh & Easy

A fresh, vibrant vegan twist on the classic Greek salad, featuring crisp vegetables, tangy lemon dressing, and

15 min	15 min	4	Easy	Greek	Salad
Prep time	Total time	Servings	Difficulty	Cuisine	Course

Ingredients

Salad Base

- [ ] 3 large ripe tomatoes, diced
- [ ] 1 large cucumber, sliced into half-moons
- [ ] 1/2 red onion, thinly sliced
- [ ] 1 cup Kalamata olives, pitted and halved
- [ ] 1/4 cup capers (optional)
- [ ] 2 tbsp fresh oregano, chopped

Lemon-Oregano Dressing

- [ ] 1/4 cup extra-virgin olive oil
- [ ] 3 tbsp freshly squeezed lemon juice
- [ ] 1 tsp dried oregano
- [ ] 1 small garlic clove, minced
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Wash all vegetables thoroughly; pat dry. Dice the tomatoes, slice the cucumber, and thinly slice the red onion.
2. In a small bowl, whisk together olive oil, lemon juice, dried oregano, minced garlic, salt, and pepper. Let the dressing rest for a few minutes.
3. Combine the tomatoes, cucumber, onion, olives, and fresh oregano in a large mixing bowl.
4. Drizzle the lemon-oregano dressing over the salad and toss gently until everything is coated evenly.
5. Serve immediately or chill for 15 minutes. Sprinkle extra oregano or a few capers on top for garnish.

Nutrition per serving

180 kcal	3 g	12 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- For an extra burst of flavor, add a splash of red wine vinegar to the dressing.
- If you prefer less salt, rinse olives and capers before adding.
- This salad pairs beautifully with crusty whole-grain bread or a side of quinoa.