

MEDITERRANEAN SALAD

Yep – Chowder transformed into a salad. What a lovely brunch, lunch or dinner. It's light but still hearty.

A great salad for a group or if you just want a night alone!

STEPS

- 1**
 - Warm your Chowder on medium-low in a small saucepan.
 - This recipe needs 1 C. Chowder to accommodate 4 salads. Due to all the other ingredients, you don't need that much Chowder.
 - Obviously, if you are making 6 salads, just warm another ¼ C.

BEAUTIFUL BOWLED SALAD



- 2**
 - After it's warmed, strain it into a bowl using a slotted spoon so you don't have too much liquid.

- 3**
 - To the bowled Chowder, add your favorite vinaigrette. I like balsamic vinaigrette, but anything works well with this salad.
 - *If you want to make your own vinaigrette, it's simply 1 part vinegar to 3 parts olive oil, 1 Tbsp. Dijon mustard, 1 tsp. of honey or agave & a pinch of salt & pepper. Whisk it all together & done! You can always use store-bought if you want.*

- When dressing the Chowder, start with 3 – 4 Tbsp. You can always add. I find you don't need much dressing with this salad due to all the strong flavors

- 4**
 - Tomatoes: You can use any type of tomato you like. I just use whatever looks best in the store.
 - Be sure to remove most of the seeds when you are cutting up your tomatoes. They add too much liquid, which will water down your dressing & make your salad too wet. I find 2 large, or 3 smaller tomatoes is a good amount for 4 salads.

You won't believe the flavors... I mean it!
Let's talk olives.



- 5**
 - I used Kalamata olives – because I absolutely love them, but you can use any type of dark briny olive you like.
 - It depends on which type of olive you choose, but ½ C. cut in half should be enough for 4 salads.

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- 🔗 When it comes to onions, typically Mediterranean salads have the addition of sliced red onions. In this case, when I was preparing this salad, I only had white onions on hand so that's what I used.
- 🔗 The main thing to know when using raw onions is that you **MUST** soak your sliced onions in cold water for at least **5 minutes**. Soaking the onions removes the bite & harshness of the raw onions. What you're left with is a pleasant crunchy mild onion flavor.
- 🔗 Once you drain the water, dry the onions between paper towels.



YOU CAN MAKE A DISH OF IT AT THIS POINT, BUT WHY NOT BULK IT UP WITH CRISPY GREENS?

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- 🔗 The final topping & probably my favorite ingredient in Mediterranean salad is - **FETA!**
- 🔗 You can use whatever type of Feta you prefer. It comes in different types of milk – cow, sheep & goat. It comes in block form to break into small pieces yourself, or you can get it in a plastic container, already crumbled. I prefer cow & sheep Feta or a combination. It's both salty & creamy – perfect in this type of salad.

In the case of assembling 4 salads, 1 C. of crumbled Feta should be enough.

Hey, I'm not looking, add more if you want!

Salad is all tossed together so you get many of the delicious ingredients in most bites.



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- 🔗 As for lettuce, which to me, is the most boring component in a Mediterranean salad - I like a combination of Romaine & Iceberg.

A Greek salad is all about the flavorful toppings. In this instance, the lettuce is simply a vehicle to get all that tasty goodness to your mouth.

- 🔗 Chop the lettuce however large or small you want. I like it right down the middle – not too large or small.
- 🔗 Put the lettuce in the bottom of your bowls with your dressed Chowder & build the salad however you want as far as the toppings. It's all going to the same place.

IT'S ALMOST MAGIC

THE SALAD VANISHES IN FRONT OF YOU AS YOU CAN SEE

SALAD & CHOWDER AS ONE. ENJOY THE *Shake-Up!*