

Natural Healing Express Weekly

Column 319 Mediterranean Finale

Seems like you all are enjoying our Mediterranean recipe series. I was reminded over Easter that I had not yet included our extended families' most favorite recipe. The double Greek salad! And when I say double, that's because this one goes so fast at our gatherings, that over the years, everyone who enjoys it has asked me to make double portions!

So, without further ado, here is our house favorite Greek Salad.

Ingredients = 2 packages of three heads of romaine lettuce, 2 cans of black olive (large and pitted), one jar of green olives, 2 4 oz packages of feta cheese, 1 jar of pepperoncini, 1 head of cauliflower, chopped in bite size pieces, 2 medium size white onions, halved and tore into strips, 2 large cucumbers, thinly sliced, 1 bag of baby carrots, cut into thirds, 1 cup of olive oil, 2 tsp oregano, 2 tsp basil, 1 tsp Greek large t seasoning, 1 lb. of shrimp (this is optional and you may substitute chicken or beef) , two large tomatoes, quartered. 1 tsp of sea salt, 1 tsp black pepper, 2 stalks of celery thinly sliced.

On a large platter, place the rinsed romaine (chopped into small pieces) across the entire platter. Next place the cucumbers over the romaine. Add the cauliflower, celery and the carrots. Next up, toss the onions and black olives followed the shrimp. Next toss the green olives and garnish with the tomatoes and pepperoncini.

In a small bowl, whisk the olive oil and all other seasonings. When fully mixed, spoon over the entire platter. Top with the feta cheese.

I usually cover this platter and refrigerate for about 15 -30 minutes prior to serving which gives it a nice crisp taste and allow the oil to settle in nicely. This platter serves 8 people, so you can divide the recipe for smaller events.

Lots of wonderful things happening at Natural Healing Express! And the Silver Fox café is the place to be!  
Come try some healthy gourmet food – delicious and fast! Dr. Susan is available on Wednesdays and Saturdays and by appointment! Contact us at 3174091500 or [skscham@aol.com](mailto:skscham@aol.com).