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Selections from our “Mucho Easy” Recipe Collection

### *Greek Salad Updated*

This summer our garden suffered a bit from high temps and not enough rain, but we always have a few successes mixed in. We had a bumper crop of cucumbers (some got really big but still taste great) and cherry tomatoes. We have been experimenting with new ways to use our cukes, this is one of our favorites.

#### Ingredients:

2 Cucumbers: any size as long as they are not bitter

1/2 cup feta crumbles

1/2 cup greek lowfat plain yogurt

Juice of 3 lemons (about 1/4 cup)

1 tsp dijon mustard

Chopped romaine, arugula, or salad mix

5-6 greek olives per person

Cherry tomatoes

Grilled chicken or Tuna (optional)

Extra feta crumbles for garnish.

chopped parsley, mint, or cilantro

#### Process:

Peel cucumbers, slice in half lengthwise, then scoop out the seeds. Grate in food processor or by hand. I ended up with 4 cups. Put in colander and let excess water drain out for 1 hour or so in sink or pot below colander.

Mix yogurt, lemon juice, feta, and mustard and chill while you wait for water to drain from cukes. Wash and chop lettuce and put in large individual bowls.

Squeeze out water from grated cucumbers with small plate. Mix the grated cucumbers with dressing, then spoon on top of salad greens.

Top with cherry tomatoes, greek olives, chicken or tuna, and a little more feta.

Enjoy with friends and some Pita or crusty bread!

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