

Effie's Greek Salad Dressing

This salad dressing brings my homeland, Greece, to our home! It's zingy, tangy, and bright and so easy to make. It's perfect for salads but it can be used for livening grilled or steamed vegetables, cooked legumes, chicken and fish dishes and kebobs.



Ingredients:

½ cup	Extra Virgin Olive Oil
¼ cup	Lemon Juice
1 tsp	Sea salt
½ tsp	Dried oregano
½ tsp	Dried dill
2	Garlic cloves –smashed
¼ tsp	Freshly ground black pepper

Directions:

In a small bowl whisk together all the above ingredients. Store in a glass container-it keeps for 5 days in the refrigerator.

Tomato and Cheese Toast

A delicious snack or a side for a green salad or a cup of chicken soup.



Ingredients:

1 cup	Fat free ricotta or feta cheese
2 tbsps	Chopped green onions, chives or red onion
¾ tsp	Dried Italian seasoning
1/8 tsp	Freshly ground pepper
4 slices	Whole grain or whole wheat grain or sourdough bread, toasted
2-3	Tomatoes medium size, thickly sliced

Directions:

1. In a small bowl, using a spoon or spatula, stir together the cheese, green onions, Italian seasoning, and pepper.
2. Spread ¼ cup of ricotta mixture over each slice of toasted bread. Top with the tomato slices.