



FETA & CUMIN SALAD

RECIPE RECIPE FROM BONAPPETIT.COM
SERVES 8

This dressing makes plain lettuce taste amazing. You can skip the oregano if you don't have it handy.

- 2 ¼ cup feta, preferably Bulgarian (about 10 oz), crumbled, divided
- 1 cup plus 3 tablespoons plain whole-milk yogurt
- 1 teaspoon ground cumin
- 1 teaspoon finely grated lemon zest
- 1 small garlic clove, chopped
- kosher salt and freshly ground black pepper
- 1 teaspoon cumin seeds
- 1 ½ lb lettuce, roughly chopped or torn by hand
- 2 tablespoons fresh oregano leaves or 2 teaspoons dried

Purée 1 ¾ cups feta, yogurt, ground cumin, lemon zest, and garlic in a food processor or with a fork until smooth. Transfer to a medium bowl. Season to taste with salt and pepper.

Toast cumin seeds in a small skillet over medium heat, stirring until seeds are aromatic and slightly darker in color, 3-4 minutes. Let cool; set aside.

Toss lettuce in a large bowl with enough dressing to coat. Season salad with salt and pepper. Garnish with cumin seeds, oregano, and remaining ½ cup feta.



MSU EXTENSION • AMBER KASTEN, RDN
PORTAGE HEALTH FOUNDATION • SAULT TRIBE ELDER SERVICES DIVISION

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