



September 2003

Enjoy the last of summer's fresh tomatoes and produce from Ontario with a delicious salad. With fall approaching, our climate brings us maple syrup and fresh apples to make the delicious maple pork and apple crumble featured this month.



Greek Salad

One	red pepper, sliced into salad size pieces
One	green pepper, sliced into salad size pieces
One-half	cucumber, sliced
One-half	red onion, sliced
Three or four	plum tomatoes, sliced
Two to three ounces	Feta cheese, cubed
Black olives to taste	

Dressing

One-eighth cup	olive oil
One-eighth cup	white wine vinegar
Two teaspoons	lemon juice
One-half teaspoon	garlic salt
Pepper to taste	

1. Combine ingredients for dressing. Stir and let sit.
2. Wash and cut all vegetables.
3. Dice Feta cheese into bite size cubes.
4. Combine all ingredients and add the dressing.
5. Toss and serve. *Serves Four.*

