



2021 PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM WITH CHEF AARON MAY

MEDITERRANEAN SALAD

3 Campari tomatoes, cut into 1/8s	1 avocado, diced
½ red onion, thinly sliced	4 grilled shrimp
1 red bell pepper, cut into thin strips	3 ounces feta cheese
½ cup Kalamata olives, pitted	1 tablespoon fresh oregano
1 cucumber, diced	

DRESSING

3 ounces red wine vinegar	½ teaspoon Dijon mustard
6 ounces extra virgin olive oil	½ teaspoon dried oregano
1 teaspoon honey	Salt and pepper, to taste
½ teaspoon minced garlic	

1. Mix all dressing ingredients in a non-reactive bowl. Stir and reserve chilled.
2. For salad: Place 3 tablespoons dressing in bottom of large bowl. Add cucumbers, tomatoes, onion, and bell pepper. Season with salt and pepper. Toss well and transfer to serving vessel.
3. Top with avocado and grilled shrimp. Garnish with oregano and crumbled feta.
4. Drizzle remaining dressing over top as desired.
5. Serve immediately.