



Complexity level: Easy

Calories level: Low-calories level

Price estimation: Less than 5 \$

Ingredients

4 oz
lettuce
1 oz
red cabbage
15
cherry tomatoes
7 oz
fresh cheese (Spanish queso fresco)
2
eggs (hard-boiled)
3 oz
corn (whole sweet kernel corn can)
5 T
olive oil (extra virgin)
1/2 t
salt
1/4 t
oregano

Instructions

1. Wash and drain lettuce and red cabbage.
2. Cut lettuce into pieces.
3. Cut red cabbage into strips.
4. Wash Cherry tomatoes and cut into quarters.
5. Dice Spanish fresh cheese.
6. Peel hard-boiled eggs and chop.

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7. Add lettuce, red cabbage, Cherry tomatoes, fresh cheese, hard-boiled eggs and sweet corn in a salad bowl.
 8. Sprinkle with 1/2 teaspoon of salt and 1/4 teaspoon of oregano.
 9. Add 5 tablespoons of extra virgin olive oil and mix.
 10. Mix, serve and enjoy your Mediterranean salad! See more [Spanish salad recipes](#) [1]!

Source URL: <https://thespanishcuisine.com/recipes/mediterranean-salad-recipe>

Links

[1] <https://thespanishcuisine.com/recipes/salads>