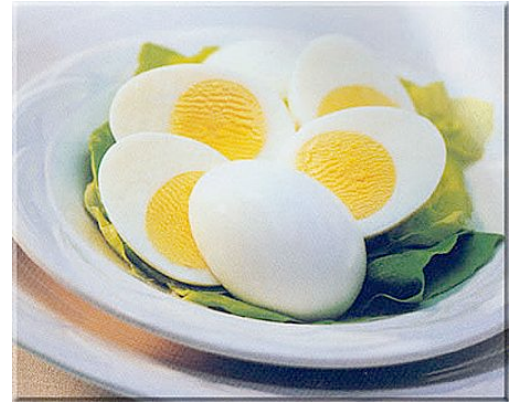


HOW TO COOK A GREAT HARD BOILED EGG

YOU WILL NEED

- fresh eggs
- cooking pot with lid
- stove
- timer



DIRECTIONS

- Place eggs in cool water in **un**covered cooking pot. Have at least 1/2 inch water covering the eggs.
- Allow water to come to a rolling boil.
- Allow the eggs to boil for 2 minutes.
- Take the pot off of the stove and cover.
- Allow eggs to sit in covered pot for 15-20 minutes – depending on how well done you enjoy your eggs.
- Pour water off of eggs and rinse with cool water for 1 minute.
- Ready to eat, or store in the fridge for up to 7 days.

FRESH GREEK SALAD

INGREDIENTS

- 3 tablespoons extra virgin olive oil
- 1 1/2 tablespoons lemon juice
- 1 clove garlic - minced
- 1/2 teaspoon dried oregano
- 1/4 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper, and extra for garnish
- 3 tomatoes - cut into wedges
- 1/2 red onion - sliced into rings
- 1 cucumber - sliced into thick half-moons
- 1/2 green pepper - julienned
- 4 oz (120g) feta cheese - cut into small cubes
- 16 kalamata olives



DIRECTIONS

- Mix the olive oil, lemon juice, garlic, salt, pepper and oregano and shake or blend to combine.
- Place the salad ingredients in a large bowl.
- Pour the dressing over the salad and toss gently to combine just before serving.
- Garnish with a little freshly ground black pepper