Dakos Recipe

**Basic Ingredients** (1 serving)

- ½ barley rusk (may need to be moistened with water)
- 1 large or two small ripe tomatoes coarsely grated.
- 100 grams of feta cheese (or other goat cheese: mizithra, anthotiro)
- ¼ teaspoon oregano
- ¼ teaspoon ground black pepper
- 2 tablespoons extra virgin olive oil

**Variation Ingredients**

- Capers
- Black olives
- Vinegar

**Directions**

Place rusk in a plate, add tomatoes, cheese
Add seasoning.
Chill 5 minutes before serving.

**Nutritional values**

Provided by P. Tilelis, Executive Coordinator of Fitness-Nutritionist, Office of Athletics
Recipe: Sophie Themelis, Wellness Coordinator, Pilates Instructor, ACG Health & Wellness Center

Energy: 684 calories
Total fat: 51 g
Cholesterol: 89mg
Sodium: 1245mg,
Total carbs: 46g
Dietary fiber: 7g
Protein: 22.5g