



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