



Pickled Feta and Cerignola Olives with Strawberries



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



833 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounces baby spinach
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 2 tablespoons coriander seeds
- ☐ 2 pounds feta cheese diced crumbled (roughly)
- ☐ 0.5 cup granulated sugar
- ☐ 2 tablespoons mustard seeds
- ☐ 0.3 cup olive oil extra virgin extra-virgin

- ☐ 1 pound olives green black red pitted cut in half (, , or)
- ☐ 6 servings salt and pepper white
- ☐ 1 medium shallots sliced
- ☐ 1 pound strawberries fresh hulled cut in quarters
- ☐ 3 cups balsamic vinegar white
- ☐ 4 garlic clove whole

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ mixing bowl
- ☐ pot

Directions

- ☐ To prepare the pickle, combine the vinegar, 3 cups of water, sugar, coriander seeds, mustard seeds, shallot, garlic, and cilantro in a small saucepan. Bring the pickling liquid to a boil over medium-high heat, reduce to a simmer, and allow the contents to cook for 5 minutes.
- ☐ Remove the pot from the heat and let it cool completely.
- ☐ Place the feta in a large mixing bowl or divide it between two 1-quart jars, and pour the cool pickling solution over the cheese. Make sure all of the feta is completely submerged. (If you use quart jars, you will have a little bit of extra brine left over, which you can use for a salad dressing.) Cover the feta and refrigerate it for at least five days.
- ☐ To prepare the salad, remove the pickled feta from the liquid and drain it on paper towels. In a salad bowl, toss together the olives, strawberries, olive oil, chopped cilantro, and spinach. Stir in the feta, then season with salt and pepper, if desired.
- ☐ This dish should be served fresh as the strawberries will begin to break down and lose color over time. Use any leftover pickling solution to drizzle over salad greens.
- ☐ Reprinted with permission from Di Bruno Bros. House of Cheese: A Guide to Wedges, Recipes, and Pairings by Tenaya Darlington, Running Press, a member of the Perseus Books Group.

Nutrition Facts

 **PROTEIN 12.64%**  **FAT 59.47%**  **CARBS 27.89%**

Properties

Glycemic Index:51.85, Glycemic Load:26.41, Inflammation Score:-10, Nutrition Score:43.836521625519%

Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Kaempferol: 4mg, Kaempferol: 4mg, Kaempferol: 4mg, Kaempferol: 4mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 833.18kcal (41.66%), Fat: 55.22g (84.95%), Saturated Fat: 23.02g (143.91%), Carbohydrates: 58.28g (19.43%), Net Carbohydrates: 51.69g (18.79%), Sugar: 40.64g (45.16%), Cholesterol: 134.57mg (44.86%), Sodium: 3174.21mg (138.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.41g (52.82%), Vitamin K: 287.05µg (273.38%), Vitamin A: 6307.37IU (126.15%), Calcium: 914.92mg (91.49%), Vitamin B2: 1.43mg (83.93%), Vitamin C: 62.13mg (75.31%), Phosphorus: 625.77mg (62.58%), Manganese: 1.18mg (59.04%), Selenium: 32.74µg (46.77%), Folate: 186.62µg (46.66%), Vitamin B6: 0.87mg (43.27%), Vitamin B12: 2.56µg (42.59%), Vitamin E: 6.02mg (40.16%), Zinc: 5.24mg (34.93%), Magnesium: 127.58mg (31.9%), Iron: 4.88mg (27.13%), Fiber: 6.59g (26.38%), Vitamin B1: 0.35mg (23.44%), Potassium: 774.39mg (22.13%), Copper: 0.33mg (16.73%), Vitamin B5: 1.67mg (16.68%), Vitamin B3: 2.62mg (13.09%), Vitamin D: 0.6µg (4.03%)