

Greek Food Overview

Contributed by Administrator
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I love Greek food. I think there was a point last year where I ate a Greek salad for dinner almost every night for six months straight. Not only is it flavorful and yummy, it's actually good for you too! Many Greek dishes are often grilled, contain olive oil (which is a good for you fat), and laden with veggies. It's also very colorful, which is often a good indication of how healthy it is for you.

I have yet to discover a really nice Greek restaurant in Orange County, though I have heard amazing things about Aegean Cafe, but is one of my absolute favorite new restaurants is Greektown in Costa Mesa, which incidentally, is apparently owned by the same proprietors as Aegean Cafe. The chicken gyro consists of all white meat chicken and their regular gyro is so incredibly tender and flavorful. I also love, love, love their salad dressing, which one of the employees insists will be bottled in the future. I have no idea what's in it....tomatoes? Red wine vinegar? All I know is that it's almost ruined all other Greek salad dressings for me. Lisa's pick? The chicken gyro plate with Greek salad, dressing on the side. If I'm dining with a friend, I'll often try to talk her into the hummus appetizer, as well as a glass of chilled white wine. Yes!! They have wine!