|  |
| --- |
| Foods Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_WVSS Block: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**Greek Salad**

**Ingredients**

**1 Tomato**

**½ Red Pepper**

**½ English Cucumber or 1.5 mini cucumbers**

**1 Wedge of Red Onion**

**50 g Feta**

**2 – 4 Greek Olives**

**30 ml Olive Oil**

**10 ml Lemon Juice or Red Wine Vinegar**

**2.5 ml Oregano or 10 ml Fresh (chopped)**

**Salt and pepper to taste**

**Method:**

1. Wash the tomato, red pepper and cucumber. Pat dry with a paper towel.
2. Cut the tomato in half and each half into 3 – 4 wedges.
3. Cut the pepper into 2.5 cm squares
4. Cut the mini cucumbers into finger width rounds. For an English cucumber, cut each round in half or quarters depending on the size.
5. Cut the feta into 1 cm dice (cube).
6. Combine all vegetables and feta in a salad serving bowl. Add olives to infuse them.
7. Combine olive oil and vinegar/lemon juice in a small jar with tight fitting lid. Season with a dash of salt and pepper. Put dried oregano in the palm of your hand. Crumble with the heel of your other hand. Add to the jar. Tighten the lid and shake until mixed. Or mix in a small bowl.
8. Pour on dressing from the jar, add salt and pepper to taste, and toss gently using salad tools. Serve onto small plates or bowls. Greek Salad tastes best at room temperature.

Salad comes from the Latin word “herba salta” or “salted herbs,” so called because such greens were usually seasoned with dressings containing lots of salt.