



Totally Tomato Feta Salad

By Dylan Sabuco

Prep Time 10 / **Cook Time** / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

emulsify: to convert two or more liquids into an emulsion. What is an emulsion, you ask? It is a fine dispersion of teeny tiny droplets of one liquid into another. It's what allows oil and vinegar to mix and not separate.

chop: to cut something into small, rough pieces using a blade.

toss: to lightly lift and drop food items together or coat food items with flour, or a sauce or dressing, as in a salad.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

Equipment

- ☐ Medium mixing bowl
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Dry measuring cups
- ☐ Wooden spoon
- ☐ Liquid measuring cup
- ☐ Measuring spoons
- ☐ Citrus juicer (optional)
- ☐ Whisk

Ingredients

Totally Tomato Feta Salad

- ☐ 1 roma tomato **** (for NIGHTSHADE ALLERGY sub 1 C strawberries, chopped) ****
- ☐ 1/2 C feta cheese **** (for DAIRY ALLERGY sub dairy-free/nut-free feta cheese) ****
- ☐ 2 T olive oil
- ☐ 1/2 lemon (1 tsp lemon juice)
- ☐ 1/4 C fresh parsley, chopped
- ☐ 1 drizzle honey
- ☐ 1 pinch of salt
- ☐ 1 pinch ground black pepper

Food Allergen Substitutions

Totally Tomato Feta Salad

Nightshade/Tomato: For 1 roma tomato, substitute 1 C strawberries, chopped (if no allergy to strawberries).

Dairy: Substitute dairy-free/nut-free feta cheese.

Instructions

Totally Tomato Feta Salad

chop + measure + toss

Chop **1 roma tomato** and **1/4 cup fresh parsley** and place them into a medium mixing bowl. Then, crumble **1/2 cup feta cheese** into the bowl. Gently toss the ingredients together.

whisk + drizzle

Measure **2 tablespoons olive oil**, **1 drizzle of honey**, **1 pinch of salt**, and **1 pinch of black pepper** into a liquid measuring cup. Slice **1 lemon** in half. Squeeze **1 teaspoon of the lemon juice** into the liquid measuring cup. (Reserve the remaining lemon for the Couscous and White Bean Confetti Tabouli if making). Whisk the lemon and olive oil mixture together until combined. Drizzle the salad dressing over the top of the tomato feta salad.

scrumptious science

Making salad dressing can be a little tricky. The density of oil and all the other ingredients is so different that they won't stay combined. You will notice that oil-based dressing separates into its original ingredients. To fix this issue, you will create an emulsion or combination of two ingredients that don't

naturally stay combined. There are three kinds of emulsions: temporary (salad dressing), semi-permanent (e.g., Hollandaise sauce), and permanent (e.g., mayonnaise). By whisking the ingredients, you can create the most temporary form of an emulsion. The whisk incorporates friction (the force created when two things rub together), forcing the oil and lemon juice to combine for enough time to drizzle over your salad.

toss + serve

Toss the salad one more time. Taste and adjust the seasoning to your taste. You can add more honey, salt, or pepper as you see fit. Enjoy!

Featured Ingredient: Feta!

Hi! I'm Feta!

"I'm a salty Greek cheese! In Greek, my name means "slice." I'm great on a Greek salad or pizza, go well with olives and pita wedges, and add a wonderful tangy flavor to scrambled eggs!"

Feta goes back to at least the 8th century BCE. Homer writes about the cheese in his epic poem, the "Odyssey."

To be called "feta," a cheese must be produced in Greece and have the correct amount of sheep's milk: 70 to 100 percent. It also must be cured for at least three months in brine.

"Feta" is a legal designation similar to Champagne or Roquefort. Romania, Bulgaria, France, and Denmark, among others, make similar cheeses, but they can't be called "feta."

In the United States, Greek-style "feta" refers to an American-made crumbly, white, brined cheese made from cow's milk.

Feta cheese can be made from the milk of sheep or sheep and goat (no more than 30 percent can be goat's milk).

Feta cheese is about 25 percent fat, of which about two-thirds is saturated.

Feta is high in calcium and vitamin B12.

A 1.25-ounce cube of feta cheese has about 100 calories.