



Triumphant Tomato Feta Salad

By Dylan Sabuco

Prep Time 10 / **Cook Time** / **Serves** 4 - 5

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

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

season: to add flavor to food with spices, herbs, and salt.

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

crumble: to break up food into small pieces, like bacon, crackers, or feta cheese.

Equipment

Ingredients

Triumphant Tomato Feta Salad

- ☐ 2 tomatoes
- ☐ 1/2 C feta cheese ****(For DAIRY ALLERGY sub dairy-free/nut-free Parmesan cheese)****
- ☐ 3/4 tsp dried dill
- ☐ 2 T olive oil
- ☐ 1 tsp orange juice
- ☐ 1 pinch salt
- ☐ 1 pinch black pepper

Food Allergen Substitutions

Triumphant Tomato Feta Salad

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

Instructions

Triumphant Tomato Feta Salad

chop + crumble + measure

Chop **2 tomatoes** and crumble **1/2 cup feta cheese**. Place both of those ingredients into a medium mixing bowl. Measure **3/4 teaspoon dried dill**, **2 tablespoons olive oil**, and **1 teaspoon orange juice** and whisk together in a small bowl. Combine the salad dressing with the feta and tomatoes. Add **1 pinch of salt** and **1 pinch of black pepper** to taste before serving.

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.