



Green Greek Salad

By Erin Fletter

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

Fun-Da-Mentals Kitchen Skills

slice: to cut into thin pieces using a sawing motion with your knife.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

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

squeeze: to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

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

Equipment

- ☐ Small mixing bowl
- ☐ Cutting board + kid-safe knife
- ☐ Citrus juicer (optional)
- ☐ Measuring spoons

Ingredients

Green Greek Salad

- ☐ 1 lemon
- ☐ 1 T olive oil
- ☐ 1 T honey
- ☐ 1/2 tsp salt

- ☐ 1/2 tsp of dried oregano
- ☐ 2 chopped cucumbers
- ☐ 3 green onions
- ☐ 1 C cherry tomatoes
- ☐ 1 handful pitted Kalamata olives
- ☐ 1/4 C crumbled feta cheese ****(Omit for DAIRY ALLERGY)****

Food Allergen Substitutions

Green Greek Salad

Dairy: Omit feta cheese.

Instructions

Green Greek Salad

squeeze + measure + whisk

Slice **1 lemon** and squeeze its juice into a small mixing bowl. Measure and add **1 tablespoon olive oil**, **1 tablespoon honey**, **1/2 teaspoon salt**, and **1/2 teaspoon dried oregano** to the bowl. Whisk to combine!

chop + toss + serve

Chop **2 cucumbers** and slice or snip **3 green onions**. Slice **1 cup cherry tomatoes** and **1 handful Kalamata olives** in half. Add veggies to the bowl. Let kids choose what they want to add! Toss to coat veggies in dressing. Serve salad topped with **1/4 cup of crumbled feta cheese!**

Featured Ingredient: Olives!

Hi! I'm Olive!

"Did you know olives are fruit? We're called drupes (sounds like droops) or stone fruit, because we have a pit inside, just like apricots, cherries, peaches, and plums. You can't eat us right off the olive tree, though. We have to be cured first so we're soft and not bitter. Try us by ourselves or in a salad, a taco, or on pizza!"

Olives are one of the most essential foods to the people of Greece, and they always have been. In ancient Grecian times, wheat, olive oil, and wine were the three most widely consumed foods, forming the basis of

Greek people's diets.

Greeks believed that the goddess Athena gave the first olive tree to Athens before it eventually spread to the rest of Greece. Olives were used in many recipes. Olives were also crushed, and their oil was used for lamps. Olive oil was also used as a beauty product. Women rubbed olive oil into their skin to make it soft and shiny, and it was added to charcoal and other natural colors to make eyeshadow and eyeliner.

Olives grow on trees! An olive tree can live anywhere from 300 to 600 years.

The oldest olive tree is located in Crete. It is 2,000 to 4,000 years old and is still producing olives!

The olive tree branch has become a symbol of peace, and two olive branches are pictured on the United Nations flag.

Olives are not edible straight from the tree. They're too bitter. They must be cured first, which is how we buy them from stores. Cured means treated with a substance to preserve and change the taste and texture. Curing can cause green olives to become black from oxidation.

What color are olives? They can be many colors: black, green, purple, brown, and even pink!

There are many different varieties and sizes of olives. The largest olive is called the Donkey Olive. The smallest olive is called the Bullet Olive. Two of the most famous olives are the Kalamata from Greece and the Manzanilla from Spain.

About 90 percent of olives are pressed to make olive oil, and 10 percent become table olives.

Olives have lots of healthy fat in them, and these fats are fantastic for your heart and brain! They also contain 25 percent of our daily value of vitamin E.