

RECIPE

GREEK SALAD

In school this week we are holding our Greek Day, so we thought those of you at home might like to get involved too.

Here is a traditional Greek Salad recipe and video.

INGREDIENTS

Extra Virgin Olive Oil

Ripe Tomatoes

Cucumber

Red Onion

Green Bell Pepper

Kalamata Olives

Greek Feta Cheese

Dry Oregano

HOW TO MAKE A GREAT GREEK SALAD

- Chop the cucumber, green pepper and tomatoes in to fairly large chunks and place in a bowl.
- Peel and slice the onion and add to the bowl.
- Add the olives whole.
- Don't mix the salad.
- Traditionally the feta is placed on the top whole, but you may wish to cut it in to cubes, making it easier for sharing.
- Drizzle with the Extra Virgin Olive Oil.
- Sprinkle with dry Oregano.
- Enjoy!

MAKE SURE YOU WATCH
THE CLAW GRIP AND
BRIDGE HOLD VIDEOS
THESE WILL SHOW YOU
HOW TO CHOP SAFELY,
AND ASK AN ADULT TO
HELP.

