

Summer 2020 Lesson

Class: Cooking,

Teacher: Mrs. Stuart

Grade Band: 2nd -5th

Objective: To make Chopped Greek Salad

Lesson: Chopped Greek Salad

Tools needed:

Serving bowl, cutting board, serrated knife, small bowl, fork

Ingredients: 1 large ripe tomatoes, or 2 small ones , 1 bell pepper, ½ C Kalamata olives, 1 cucumber, 1/2 red onion, 8 oz feta cheese, fresh mint leaves, 1 clove fresh garlic, minced, 1 tsp salt, ½ t pepper, ½ C olive oil, ¼ C red wine vinegar, 1 tsp oregano , ½ t Dijon mustard

Process:

- 1) Chop tomatoes,
- 2) Remove seeds and bones of bell pepper
- 3) Peel (if desired) and cube cucumber
- 4) Slice and chop onion
- 5) Cube feta cheese
- 6) Chop mint leaves
- 7) Mince garlic
- 8) In the small bowl, swirl olive oil, vinegar, oregano, mustard, salt and pepper to make dressing, add garlic and mint
- 9) Toss all ingredients in the serving bowl with dressing. Sprinkle with more salt and pepper to taste

Vocabulary: Slice, chop, serrated, knife, sprinkle, swirl, toss