

GREEK SALAD



This Greek salad recipe is so easy to follow. Children love to chop and prepare salad vegetables, turning them into a beautiful, colourful dish.

Delicious served with warm wholemeal pitta bread and houmous.



Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons and cups; cut using bridge/claw knife technique safely; snip herbs with scissors; whisk.

Equipment: Chopping board, knife, scissors, large bowl, small bowl, juicer, measuring jug, weighing scales, fork/whisk, measuring spoons, large spoon.

Allergens*: Milk

Ingredients (serves 4):

- 2 large tomatoes, quartered
- 1/2 cucumber, sliced
- 1/2 red onion, thinly sliced
- 100g feta cheese, cubed or crumbled
- 50g black olives, de-stoned
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tbsp mint leaves

Method

1. Place the prepared tomatoes, cucumber, red onion, feta and olives into a bowl.
2. In a jug mix together the olive oil and lemon juice.
3. Put the mint leaves in a small bowl and snip into smaller pieces using the scissors.
4. Pour the dressing over the salad and gently stir through the salad being careful not to break up the feta cheese.
5. Scatter the mint leaves on top.

**Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.*

GREEK SALAD Nutrition Information



Source: Public Health England in association with the Home Department, Food Standards Scotland and the Food Standards Agency in Northern Ireland. © Crown Copyright 2016

The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Greek salad ...

Vegetables are so good for us!
Low in fat, sugar and salt and high in vitamins and minerals.

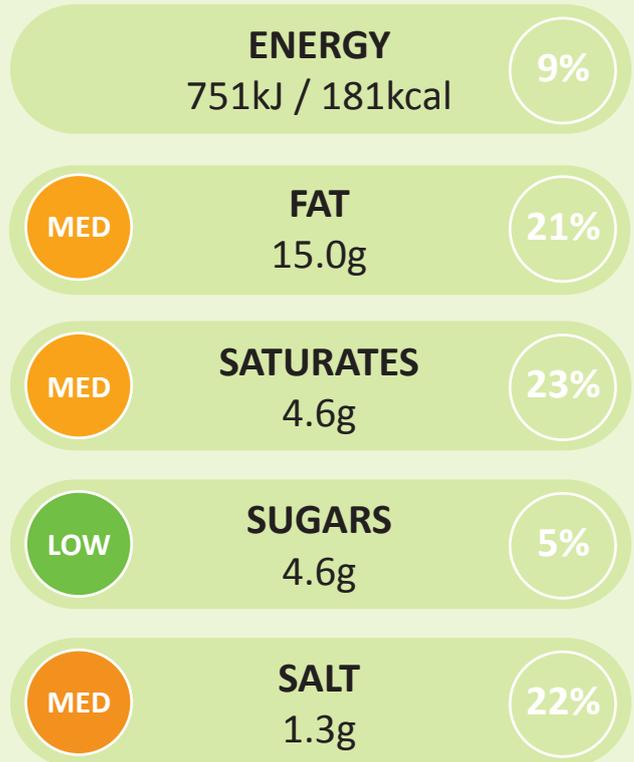
Feta cheese is a source of protein and calcium. Although lower in fat than some cheeses it should be used sparingly due to its very high salt content.

Salad dressing can be high in fat because oil is usually the main ingredient. Using unsaturated oil, such as olive or rapeseed oil, is a healthier choice but still only use small amounts.



Energy, sugar, fat and salt per serving

Per 212g serving



% of an adult's reference intake
Typical values per 100g : Energy 354kJ / 85kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.