



Greek Salad

Home Learning: Children know there are plants which have special health benefits.

Ingredients (serves 6)

- 4 large tomatoes
- 1 red onion
- 1/4 cucumber
- 6 tbsp olive oil
- 1 lemon
- 200g feta cheese
- 20 black olives

Method

1. Remove the core of the tomatoes and cut the flesh into chunks. Put into a bowl.
2. Slice up the red onion and add to the bowl.
3. Cut the cucumber into chunks and add to the red onion and tomatoes.
4. Cut the feta into chunks and add to the bowl.
5. Add the olives to the bowl and mix carefully.
6. Squeeze the lemon and add the juice to a jug.
7. Add the olive oil to the jug and mix well.
8. Pour the liquid over the salad and spoon into a serving dish to serve.

Nutritional Benefits

Onions contain sulphur compound, which give them antibacterial properties. They also contain prebiotics, which help to feed the healthy bacteria in our digestive tract.

