

## Bite Sized Greek Salad

### Equipment needed –

Chopping board, knife, tea spoons, 3 medium sized serving platters and medium mixing bowl.

### Ingredients from the Garden –

- Cucumbers
- Capsicums
- Tomatoes
- 1 tablespoon fresh lemon juice

### Ingredients from the Pantry –

- Fresh pepper
- 50 grams of feta cheese
- 1/4 cup of pitted olives
- ¾ teaspoon dried oregano
- 2 tablespoons of olive oil

### What to do –

1. Wash and dry the cucumbers.
2. Cut the cucumbers crossways into 0.5 cm slices. Use a small teaspoon and scoop out most of the seeds and a little of the flesh, being careful not to go all of the way through.
3. Arrange onto 3 serving platters (30 cucumber cups in total)
4. Wash and dry the tomatoes and capsicums and then finely chop.
5. Measure out the olives and then cut into small pieces.
6. Measure the cheese and crumble into small pieces.
7. Combine the chopped tomatoes, capsicums, cheese and olives in a bowl.
8. Put lemon juice, olive oil, oregano and fresh pepper in a jar and shake well to combine.
9. Pour dressing over bowl of Greek salad mixture and gently toss.
10. Using a teaspoon, spoon the Greek salad mixture among the cucumber cups

### Serves –

- 30 students.