



No-Cook: Chopped "Salada do Brasil" + Creamy Tropical Brazilian "Limonada"

By Dylan Sabuco

Prep Time 15 / **Cook Time** 0 / **Serves** 4 - 6

Shopping List

☐ FRESH

☐ 2 C chopped romaine, iceberg lettuce, or spinach

☐ 1 medium Roma tomato

☐ 1/2 large yellow onion

☐ 3 limes

☐ PANTRY

☐ 1 T apple cider vinegar

☐ 3 T olive oil

☐ 1 pinch salt

☐ 1 pinch ground black pepper

☐ 1 pinch mild chili powder

☐ 1/4 C green olives

☐ 1 14-oz can sweetened condensed milk ****(see allergy subs below)****

☐ 1/3 C granulated sugar

☐ HAVE ON HAND

☐ 4 C cold water

☐ 2 C ice

Fun-Da-Mentals Kitchen Skills

chop: to cut something into small, rough pieces using a blade.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

zest: to scrape off the outer colored part of a citrus fruit's rind (skin or peel) using a metal tool with small sharp blades, such as a zester, microplane, or the small holes of a grater (avoid the "pith," the white, spongy lining of the rind that can be bitter).

Equipment

- ☐ Blender (or pitcher + immersion blender)
- ☐ Zester (or grater with small zesting plate/side)
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Can opener
- ☐ Liquid measuring cup
- ☐ Dry measuring cups
- ☐ Large mixing bowl
- ☐ Small bowl or liquid measuring cup
- ☐ Measuring spoons
- ☐ Whisk
- ☐ Wooden spoon

Ingredients

Chopped "Salada do Brasil"

- ☐ 2 C chopped romaine, iceberg lettuce, or spinach

- ☐ 1 medium Roma tomato
- ☐ 1 T apple cider vinegar
- ☐ 3 T olive oil
- ☐ 1 pinch salt
- ☐ 1 pinch ground black pepper
- ☐ 1 pinch mild chili powder
- ☐ 1/4 C green olives
- ☐ 1/2 large yellow onion

Creamy Tropical Brazilian "Limonada"

- ☐ 3 limes
- ☐ 1 14-oz can sweetened condensed milk ****(for DAIRY ALLERGY sub 1 13.5-oz can coconut cream)****
- ☐ 1/3 C granulated sugar
- ☐ 4 C cold water
- ☐ 2 C ice

Food Allergen Substitutions

Chopped "Salada do Brasil"

Creamy Tropical Brazilian "Limonada"

Dairy: For 1 14-oz can sweetened condensed milk, substitute 1 13.5-oz can coconut cream.

Instructions

Chopped "Salada do Brasil"

chop + whisk

Start by having your students chop **2 cups of romaine, iceberg lettuce, or spinach** for the base of the salad. Then, roughly chop **1/4 cup green olives, 1/2 yellow onion**, and **1 Roma tomato**. Place all the chopped veggies into a large mixing bowl.

stir + munch

Time to make the salad dressing. In a separate bowl or liquid measuring cup, measure **1 tablespoon**

apple cider vinegar, 3 tablespoons olive oil, 1 pinch of salt, 1 pinch of black pepper, and 1 pinch of mild chili powder. Whisk thoroughly to create the salad dressing. Pour the dressing over the chopped veggies and stir. Once everything is coated in the dressing, serve the salad alongside an entrée, like **Savory Tomato "Empadão do Brasil" Pies.**

Creamy Tropical Brazilian "Limonada"

zest + peel

Zest **3 limes**, then peel as much of the remaining skin as possible and discard. Place the zest and the peeled limes in the bottom of a blender (or pitcher for use with an immersion blender).

measure + blend + count

Then, add **1 can sweetened condensed milk, 1/3 cup sugar, 4 cups cold water,** and **2 cups ice.** Blend until smooth. Practice counting in Portuguese while the drink blends: 1 um (oohm), 2 dois (DOY-eess), 3 três (TREH-eess), 4 quatro (KWAH-troh), 5 cinco (SEEN-coh), 6 seis (SAY-iss), 7 sete (SEH-chee), 8 oito (OY-too), 9 nove (NOH-vee), 10 dez (DEH-iss)!

pour + serve

Pour into cups and serve! "Saúde" (SAH-ooh-djee) or "Cheers" (literally "health") in Portuguese!

Featured Ingredient: Olives!

Hi! I'm Olive!

"Did you know olives are fruit? We're called drupes (sounds like droops) or stone fruit, because we have a pit inside, just like apricots, cherries, peaches, and plums. You can't eat us right off the olive tree, though. We have to be cured first so we're soft and not bitter. Try us by ourselves or in a salad, a taco, or on pizza!"

Olives are one of the most essential foods to the people of Greece, and they always have been. In ancient Grecian times, wheat, olive oil, and wine were the three most widely consumed foods, forming the basis of Greek people's diets.

Greeks believed that the goddess Athena gave the first olive tree to Athens before it eventually spread to the rest of Greece. Olives were used in many recipes. Olives were also crushed, and their oil was used for lamps. Olive oil was also used as a beauty product. Women rubbed olive oil into their skin to make it soft and shiny, and it was added to charcoal and other natural colors to make eyeshadow and eyeliner.

Olives grow on trees! An olive tree can live anywhere from 300 to 600 years.

The oldest olive tree is located in Crete. It is 2,000 to 4,000 years old and is still producing olives!

The olive tree branch has become a symbol of peace, and two olive branches are pictured on the United Nations flag.

Olives are not edible straight from the tree. They're too bitter. They must be cured first, which is how we buy them from stores. Cured means treated with a substance to preserve and change the taste and

texture. Curing can cause green olives to become black from oxidation.

What color are olives? They can be many colors: black, green, purple, brown, and even pink!

There are many different varieties and sizes of olives. The largest olive is called the Donkey Olive. The smallest olive is called the Bullet Olive. Two of the most famous olives are the Kalamata from Greece and the Manzanilla from Spain.

About 90 percent of olives are pressed to make olive oil, and 10 percent become table olives.

Olives have lots of healthy fat in them, and these fats are fantastic for your heart and brain! They also contain 25 percent of our daily value of vitamin E.