



Chopped "Salada do Brasil

By Dylan Sabuco

Prep Time 10 / **Cook Time** / **Serves** 4 - 6

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.

Equipment

- Cutting board
- Kid-safe knife
- Dry measuring cups
- Large mixing bowl
- Small bowl or liquid measuring cup
- Measuring spoons
- Whisk
- Wooden spoon

Ingredients

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- 2 C chopped romaine, iceberg lettuce, or spinach
- 1 medium Roma tomato **** (for NIGHTSHADE/TOMATO ALLERGY sub 1/4 C chopped mushrooms)****
- 1 T apple cider vinegar

- 3 T olive oil
- 1 pinch salt
- 1 pinch ground black pepper
- 1 pinch mild chili powder **** (for NIGHTSHADE ALLERGY sub ground cumin)****
- 1/4 C green olives
- 1/2 large yellow onion

Food Allergen Substitutions

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Nightshade: For 1 medium Roma tomato, substitute 1/4 C chopped mushrooms. Substitute ground cumin for mild chili powder.

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!

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.

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.