

Greek Salad (IS)



At a glance

- Ease of preparation: Just a bit of chopping. Very simple for children to help with.
- Cost: Cost effective as it makes a lot of lunches.
- Taste: Fresh and mouth-watering!

Crisp, feel-good food that is easy to throw together!

Cheese, in its many forms, is one of my favourite foods, and Feta is a particular love of mine. I also adore olives (usually green ones, but I really enjoyed the black ones in this recipe). Combine these with a fresh salad and a touch of dressing and you have a wonderful, simple lunch that is very lunchbox friendly. It just feels so healthy, yet is great to eat and simple to prepare if you are in a rush (it took us about 5 minutes to put together). I would suggest serving this with some sort of bread, or alternative, to ensure that you are satisfied and full of energy for the day. We had wholemeal pitta bread with ours, which was a winning combination.



Edward's view:

This was Edward's favourite recipe to date. He helped me to prepare the salad, although his main role was tasting the ingredients before they went in to the bowl! He loved all of it (except the salad dressing, so I didn't put it on his). I think his favourite part was the iceberg lettuce, which he ate in huge quantities (and kept telling me it was yummy as he rubbed his tummy!) As with RG's Couscous Salad, he enjoyed the Feta cheese a lot, despite its strong taste. What was very surprising was how much he liked the olives, which are quite an acquired taste. He gobbled them down straight from the jar before I could even put them in to the salad. Overall, this was a great success.