# Skye Primary School Kitchen Garden Program



## **Creative Salad**

## **Equipment:**

Colander Knife

Measuring spoons Serving bowl

Garlic crusher (maybe)

Spoon

### Ingredients:

Dressing

2 pinches of sea salt

Pinch of black pepper

Balsamic vinegar, or red wine vinegar, or lemon (maybe a combination).

Freshly ground black pepper

Extra virgin olive oil

1 tsp of mustard (if you want)

Honey (if you want)

Salad

Please go down to the garden and use your

imagination. You may find;

Spinach

Lettuce

Oranges

Kale

Herbs

Indigenous edible plants

#### Fridge and cupboard

Feel free to look in the fridge and cupboard for anything you'd like to use. Check with Mrs Furlong that the ingredient is not needed for other classes.

#### What to do:

1. Use your imagination to make this salad. Ask an adult if you need help.