



Bialik College

Garden Salad with a Herbed Dressing

Bialik College Kitchen Garden Program

Ingredients

- Salad ingredients from the garden
- Herbed Dressing:
 - 3 tablespoons extra virgin olive oil
 - 1 tablespoon white vinegar
 - ½ tablespoon mustard
 - 2 tablespoons of herbs from the garden, washed & chopped
 - salt & pepper

Equipment

- chopping board
- knife
- metric measuring cups
- knife
- blender

Method:

1. Take baskets into the garden and harvest enough salad ingredients for your class and herbs for the salad dressing.
2. Wash, dry & chop salad ingredients as you would like.
3. Place salad dressing ingredients into the blender and blend till well combined. Season to taste.
4. Pour over salad just before serving.