

Tomato Salad With Basil and Feta Cheese



Nothing says “summer” like a fresh, sun-warmed tomato you grew yourself—but the next best thing is to get some at a farm stand or supermarket! Their sweet-tart flavor goes perfectly with the creamy cheese and fragrant basil in this recipe.



“Tomatoes are healthy and the very essence of summer in Massachusetts. This tomato, basil and feta salad is simple to prepare and will please everyone at the table.”

Deval Patrick
Governor of Massachusetts

■ ADULT: YES ■ HANDS-ON TIME: 10 MINUTES ■ TOTAL TIME: 10 MINUTES ■ MAKES: 4 SERVINGS



WASH your hands with soap and water and dry them.

CLEAN the counter top.

GATHER all your kitchen gear and ingredients and put them on the counter.

SCRUB all the fruits and vegetables and lay them out on a dishtowel to dry.

PREPARE your ingredients, which means you may have to do something before you get started with the instructions.

KITCHEN GEAR

Serrated knife (adult needed)

(A “serrated knife” has a toothed blade, like a saw, that works especially well for cutting tomatoes.)

Sharp knife (adult needed)

Cutting board

Measuring spoons

Measuring cup

Mixing bowl

Fancy That

Add ½ teaspoon curry powder.

Swap in fresh peaches or nectarines, pitted and diced, for 2 of the tomatoes.

Add 1–2 cups cooked or canned white beans or chickpeas.

INGREDIENTS

4 large red tomatoes, cored and diced. (“Cored” means with the core removed and “diced” means cut up into cubes or squares about the size of dice.)

¼ cup crumbled feta cheese

2 tablespoons chopped fresh basil leaves

1 tablespoon olive oil

¼ teaspoon salt

INSTRUCTIONS

1. Put the tomatoes, feta, and basil in the bowl.
2. Drizzle with the olive oil and sprinkle with the salt.
3. Serve right away or cover and refrigerate up to overnight.

Or Else

If feta’s not your favorite, try substituting diced mozzarella, cheddar, or grated Parmesan.

Safety Tip

Get an adult’s permission, and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

OVER 7,500 VARIETIES OF TOMATOES ARE GROWN AROUND THE WORLD



DID YOU KNOW?

Tomatoes are not just a juicy example of summer's perfection—they're also a **superfood**, filled with **vitamin C**, **lutein** (which is good for your eyes), and **lycopene**, the cancer-fighting antioxidant that gives them their red color.

The word "**basil**" comes from the Greek **basileus**, meaning "king." This might be because people used it to perfume water for bathing royal feet, or else because basil is thought of as the "king of herbs!"



David Dumaresq is the farm operator at Brox Farm (aka Farmer Dave's) in Dracut, growing a variety of vegetables and flowers, as well as Latino and Asian crops which he sells through the farm's roadside stand and at farmers' markets. David has worked in farming since 1984 and served in the Peace Corps as an agricultural extensionist in Ecuador. He has also worked closely with MDAR and UMass Extension on a number of programs.



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