



ISRAELI SALAD

makes about 12 cups

Vegetables:

3 cucumbers
4 large tomatoes
½ red onion
3 colored bell peppers (remove seeds)
2 large carrots, chopped
3 chopped green onions or chives
½ C. thinly sliced cabbage

Finely dice all vegetables, the smaller the better, and mix together in a large bowl.

Hint: using the Vidalia Chop Wizard will make the job fun and save time & work.

Dressing:

2 Tbsp. lemon juice or apple cider vinegar
1 C. olive oil
6 cloves roasted garlic, chopped
½ tsp. paprika
½ tsp. cumin
¼ tsp. cayenne pepper
4 Tbsp. Italian parsley, chopped
4 Tbsp. cilantro, chopped
Juice of 2 lemons
1 tsp. sumac powder
¼ tsp. mint leaves
Combine salad dressing ingredients in blender and mix until smooth. Add 2 tsp. sesame seeds. Mix dressing into salad. Serve chilled.