



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.

