

ISRAELI SALAD

INGREDIENTS

Cucumbers (fresh and crunchy)
Tomatoes seeded
Red, yellow or orange peppers
Cauliflower
Mild red onion
Green olives (chopped)
Sunflower Seeds
Feta cheese
Dried cranberries for sweetness (optional)

DIRECTIONS

The key with this salad is to finely chop as many crunchy vegetables as you like. You can even add broccoli as well. If you choose tomatoes I would take out the seeds to keep the salad longer in the refrig and crunchier. I only pour dressing on the amount of salad we are eating at a meal and then the veggies will last several days after the effort of chopping. We eat this all week.

DRESSING

INGREDIENTS

Olive oil
Vinegar (*Your choice: apple cider, champagne etc.*)
Mixed herbs (*Your choice: ie. Italian seasoning*)
Sugar
Salt
Fresh lemon (*optional*)

DIRECTIONS

Equal parts oil/vinegar $\frac{1}{2}$ cup to $\frac{1}{2}$ cup with $\frac{1}{4}$ cup sugar this creates a sweet and sour type dressing. (If you aren't eating sugar then the cranberries add natural sweetness and use less vinegar or substitute for lemon which I love as well)

OR

Lemon juice, olive oil and salt to taste always works (the olives also add salt)