

Tomato Cucumber Salad

Ingredients		Directions
8 oz	Cherry Tomato, halved	In a large bowl combine the tomatoes and the cucumbers. In a separate bowl whisk the vinegar, shallots, mustard, honey, salt, and pepper. Continue to whisk as you slowly add the oil. This will form an emulsion in which the dressing will thicken. Alternately, you can place all of the ingredients in a jar with a tight fitting lid and shake vigorously. The emulsion will not be quite as thick or stable. Whisk or shake again if the dressing as stood for more than a few minutes. Mix the dressing with the tomatoes and the cucumbers
6 oz	Cucumber, Peeled and Sliced	
2 ½ tbsp	Cider Vinegar	
1 tbsp	Shallots, Minced	
1/8 tsp	Salt	
¼ tsp	Black Pepper	
1/4 tsp	Dijon Mustard	
1 tsp	Honey	
2 2/3	Olive Oil	
tbsp		

Hummus

Ingredients		Directions
1/3 cup	Cold Water	Using a food processor, blend the garlic, tahini, cumin, water, and garbanzo beans. Add lemon juice and olive oil and season with salt and pepper. Blend Humus until smooth. Garnish with paprika.
1 ½ tsp	Tahini	
2 2/3	Lemon Juice	
tbsp		
2 2/3	Garlic	
tbsp		
1 ½ tsp	Olive Oil	
1/2 tsp	Cumin	
Pinch	Salt	
Pinch	Black Pepper	
1 ½ cup	Garbanzo Beans	
Pinch	Paprika	

Tzatziki (Yogurt and Cucumber Sauce)

Ingredients		Directions
1/3 cup	Grated Cucumbers	Sprinkle he grated cucumber with salt and set aside for 30 minutes. With the back of a spoon squeeze/push until it is dry and place in a mixing bowl. Then add the yogurt, garlic, and dill and mix well. Transfer to a serving dish and drizzle with the olive oil and sprinkle with the paprika.
Pinch	Salt	
3/4 Cup	Plain Yogurt	
1 Clove	Garlic	
1/4 tsp	Dill	
1/2 tsp	Olive Oil	
Pinch	Paprika	

Falafel

Ingredients

1 1/3 cup Garbanzo Beans

1 cup Chopped Cilantro

1/2 tsp Cumin

1/3 tsp Allspice

Pinch Salt

Pinch Black Pepper

Pinch Cayenne

2 cloves Garlic

1/2 cup Diced Onions

Directions

Combine garbanzo beans, cilantro, cumin, allspice, salt, pepper, cayenne, garlic, and onions in a food processor. Process until mixture resembles coarse meal. Divide the bean mixture into equal portions according to yield (and using 2 patties per serving), shaping each into a 1/2" patty.

Then spray nonstick pans with cooking spray and heat over medium-high heat. Divide the patties evenly among the pans, brown and cook evenly on both sides. Repeat with remaining patties.

Tabbouleh Salad

Ingredients

1 1/4 qt Boiling Water

1 tsp Salt

5 1/8 oz Bulgur Wheat

1 Cucumber, chopped

4 oz Diced Tomatoes

1/4 cup Chopped Mint

1/4 cup Chopped Parsley

1 oz Lemon Juice

1/8 oz Vegetable Oil

Directions

In a large pot of boiling water, cook bulgar until tender (approximately 15 minutes). Drain bulgar and rinse with cold water. Then place in a bowl and add remaining ingredients. Toss gently. Cover and refrigerate.
