

Recipe



Jerusalem Salad

INGREDIENTS

- 2-3 cucumbers
(mini or kirby, very firm)
- 10 cherry tomatoes
- 1 cup canned chickpeas
(rinsed very well)
- 1 avocado
- ½ red onion
- ½ tsp of fresh chili pepper
- 4 hard boiled eggs

Salad Dressing & Tahini Drizzle

INGREDIENTS

Salad Dressing

- 3 Tbsp olive oil
- 1 lemon
- Salt and pepper

Tahini Drizzle

- 1/2 cup Tahini paste
- 1 lemon squeezed
- cold water (TBD)



INSTRUCTIONS

1. Slice the cucumbers lengthwise and then across forming half circles
2. Cut the cherry tomatoes in half
3. Cut the avocado into cubes
4. Slice the red onion sliced into cubes
5. Chop a chili pepper (only need 1/2 tsp)
6. Add all the vegetables to a bowl and mix
7. Add the chickpeas
8. Add the olive oil, lemon and salt & pepper to taste
9. Drizzle tahini over the salad (to be demonstrated)
10. Grate the hard boiled eggs over the salad (to be demonstrated)

