



The Cultured Chef



Evergreen

Fattoush Salad & Hummus

6 – 8 Servings

2 Heads of Romain Lettuce
3 Large tomatoes
1 Large Cucumber
1 White Onion
1 Green Pepper
1 Real Lemon Juice
3 Radishes
1 Bunch Parsley
1 Garlic Bulb
Co-op Extra Virgin Olive Oil
2 Can of Chickpeas
1 Jar Tahini
Salt and pepper

Hummus

In a blender, combine 4 cups of cooked chickpeas, 2-5 garlic cloves, 1/2 cup lemon juice (use ¼ to start and add as required), 2 teaspoons of salt & ½ cup of tahini. Blend together until all visible lumps are gone and the hummus is smooth. Garnish with olive oil & fresh parsley.

Fattoush Salad

Wash all vegetables and chop the Romain lettuce, cucumber, tomatoes, onion, radishes & green pepper into bite size pieces for the salad. Chop parsley and add to salad according to taste. Add salad dressing and toss salad to ensure dressing is evenly coated throughout the salad.

Salad Dressing

1/2 cup of Extra Virgin Olive Oil
1/2 cup of lemon Juice
Salt to taste