

Israeli Vegetable Salad

Swick

Makes 3 servings | Active Time: 15 minutes | Total Time: 15 minutes

Chef's Notes

Roasted Red Bell Pepper:

Roasted bell peppers come in various forms; some are cut and stored in brine, while others are sliced and packed in oil. Make sure that the ones you use are oil-free.

Toasted Pine Nuts:

You can purchase pre-toasted pine nuts, or you can toast them yourself: Simply cook in a dry skillet over medium heat, stirring frequently, until fragrant and lightly browned, about 5 minutes.

Step 1: Make the Salad

- 1 1/2 mini cucumbers, seeded & cut into small dice (\approx 3/4 cup)
 - 1/5 (16-oz) jar roasted red bell pepper drained, rinsed & diced (\approx 1/3 cup)
 - 1/5 yellow onion, diced (\approx 1/3 cup)
 - 3/4 tomato cut into small dice (\approx 3/4 cup)
 - 1 1/2 tablespoons fresh lemon juice
 - 1 1/2 tablespoons fresh basil (optional) finely chopped
 - 1/3 teaspoon ground cumin
 - 1/3 teaspoon ground turmeric
 - sea salt
 - freshly ground black pepper
 - 1 1/2 tablespoons toasted pine nuts (optional)
 - 3 oz salad greens (\approx 3 cups)
- In a bowl, combine, cucumbers, roasted peppers, onions, tomatoes, lemon juice, basil, cumin, and turmeric in a bowl.
- Season with salt and pepper to taste. Sprinkle with pine nuts (if using).
- Serve salad over a bed of salad greens.