



## CLASSIC ISRAELI SALAD

By Dr. Cindy Tanzar  
(Standard/Vegan/Maintenance)

Israeli Salad is an easy, iconic Middle Eastern salad made with fresh chopped vegetables. It's a perfect dish to serve when all the garden veggies are plentiful. While tomatoes, cucumbers and fresh herbs are always included, red onion, and Bell peppers are common, as well. A smaller dice allows you to enjoy each flavor in one bite. Freshly squeezed lemon and olive oil help to meld the flavors all together, making for a perfect side dish. We've also included a slightly different version from one of our clients, Kim Graham, who is vegetarian. She spoons it over her tofu, and thought it would be great over chicken, as well. Once in maintenance, try adding in some Feta cheese or chickpeas for a great Mediterranean feel.

One serving is 2 cups raw vegetable and covers your vegetable and fat for one meal.



### INGREDIENTS

2 cups fresh tomato, chopped

2 cups cucumber, chopped

1-1/2 cups red, orange, yellow or green Bell pepper, chopped



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1/2 cup red onion, chopped  
2-4 Tbsp fresh parsley, chopped (to taste)  
1/4 cup extra virgin olive oil  
1Tbsp fresh lemon juice  
1/2 tsp Pink Himalayan salt  
1/4 tsp black pepper, ground  
*Feta Cheese, if in Maintenance*

## INSTRUCTIONS

Add the chopped tomatoes, cucumbers, peppers, onions and parsley into a large bowl.

Combine olive oil, lemon juice, salt & pepper into a small measuring cup and whisk until emulsified. Pour over vegetables and toss to coat.

## KIM'S VEGAN MEDITERRANEAN TOMATO SALAD

2 medium/large fresh tomatoes, chopped  
1 small cucumber, thinly sliced  
1 small red onion, thinly sliced  
1/4 cup Kalamata olives, chopped  
2 Tbsp extra virgin olive oil  
1/2-1 tsp dried oregano (if use fresh, triple the amount)  
Pink Himalayan salt & pepper, to taste

## INSTRUCTIONS

Toss everything together and enjoy! It's even better the next day.