



Chef in the Garden

Middle Eastern Salad

9/11/09

Serves 4, 1½ cups per serving

Recipe courtesy of Chef Daniel Traster, Washington, DC



Ingredients:

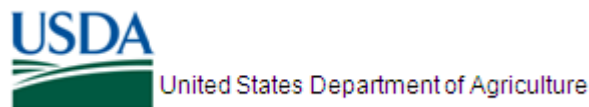
2 teaspoons thyme, fresh chopped
1 teaspoon dill, fresh chopped
¼ cup lemon, juice
¼ cup olive oil
½ teaspoon salt
½ teaspoon black pepper, ground
1 medium onion
1 large tomato
1 medium cucumber
6 cups romaine lettuce
1 (15 ounce) can chick peas
¼ cup capers, drained

Chef's Notes

- Serve with a hearty whole grain bread.
- Top with crumbled feta cheese, if desired.
- Heavier ingredients may fall to the bottom of the bowl and need to be redistributed when serving.
- For best results, toss salad with dressing just before ready to serve.

Directions

1. Rinse and chop thyme and dill.
2. Place lemon juice, olive oil, thyme, dill, salt and black pepper into a leak proof container. Seal the container and shake vigorously to combine ingredients.
3. Peel and rinse onion. Rinse tomatoes, cucumber and romaine lettuce.
4. Dice onion and tomato into ¼-inch pieces. Cut cucumber in half lengthwise, use a spoon to scoop out and discard seeds, and dice into ¼-inch pieces. Place diced vegetables into a large bowl.
5. Tear or cut romaine lettuce into bite-sized pieces and add to bowl.
6. Rinse and drain canned chickpeas and add along with capers to bowl.
7. Toss salad mixture with dressing, until vegetables and chickpeas are evenly coated.



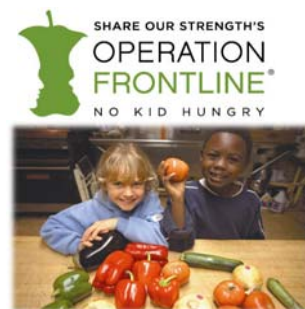
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