

Greek Salad with Kale & Cabbage



Dressing:

- 1 lemon, juiced
- 1/4 cup extra virgin olive oil
- 1 tablespoon fresh or 1 teaspoon dried oregano, minced
- 1/2 teaspoon salt & pepper

Combine lemon juice, olive oil, oregano, salt, and pepper in a bowl, stirring until salt dissolves.

Salad:

- 2 cups kale leaves, rough chop
- 1 cup cabbage, rough chop
- 1 cup cucumber (English preferred), chopped
- 1 cup cherry or grape tomatoes, quartered
- 1 white onion, sliced thin
- 4 ounces feta cheese, crumbled
- 10 Kalamata olives, pitted and sliced
- 1 tablespoon fresh mint, chopped

Add kale and cabbage; toss. Add cucumber, tomatoes, onion, feta cheese, kalamata olives, and mint. Add dressing and toss.

Lentil Tabbouleh Salad



Lentils

- 1 cup lentils
- 3 cups water
- Cook 15-20 minutes. Drain and set aside.

Bulgur wheat

- 1 cup bulgur wheat
- 1 1/2 cups boiling water
- Bring water to boil, stir in bulgur wheat. Put a lid on it and turn off heat. Let set for 5 minutes. Take lid off, fluff with fork and set aside to cool.

Salad Fix-ins?

- 2 freshly squeezed lemons
- 1/4 cup good olive oil
- 1 teaspoons coarse salt
- 1 teaspoon freshly ground black pepper
- 4 minced green onions
- 10-15 chopped fresh mint leaves
- 1 cup minced parsley
- 1 cucumber, peeled and diced
- 1 pint of cherry or grape tomatoes, cut in half

Add the lemon juice, olive oil, salt and pepper to the bulgur wheat. Stir and set aside at room temperature for about 1 hour.

Add the scallions, mint, parsley, cucumber, tomatoes, and lentils; mix well. Season to taste, and serve.

Figs with Ricotta, Honey, and Walnuts



8 figs, can use dried or fresh
¼ cup part skim ricotta cheese
16 walnut halves
1 tablespoon honey
16 mint leaves

Toast the walnuts in a dry skillet over a medium-high heat until fragrant, about 2 minutes. Set aside to cool.

Cut each fig in half crosswise, and place the fig pieces on a serving dish cut side up. Make a small indentation into the cut side of each fig half with a small spoon or your finger. Put a ½ teaspoon of the ricotta cheese onto each piece of fig and top with a walnut half.

Drizzle each fig with honey and serve.

Recipe courtesy of the California Walnut Board

Grocery List

3 lemons
8 figs, can use dried or fresh
2 cups kale leaves
1 cup cabbage
2 cucumbers, English preferred
2 pints of cherry or grape tomatoes
1 white onion
4 green onions
1 teaspoon fresh oregano
1 bunch of fresh parsley
1 bunch fresh mint, need about 45 leaves

16 walnut halves

½ cup extra virgin olive oil
10 each Kalamata olives, pitted

1 cup lentils
1 cup bulgur wheat (can substitute with quinoa, farro, wheat berries, or millet)

1 ½ teaspoon salt
1 ½ teaspoon pepper
1 tablespoon honey

4 ounces feta cheese, crumbled
¼ cup part skim ricotta cheese