

Festive Tomato Wedges

Cook Time: 10 min | Prep: 10 min. + chilling

Servings: 12 servings

Ingredients:

6 medium fresh tomatoes, cut into wedges

2/3 cup vegetable oil

1/4 cup white wine vinegar

1/4 cup snipped fresh parsley

1/4 cup sliced green onions

1 garlic clove, minced

2 tablespoons mayonnaise

1 teaspoon dill weed

1 teaspoon dried basil

1 teaspoon salt

1/4 teaspoon pepper

1/4 teaspoon dried oregano

Directions:

Place tomato wedges in a large bowl. Place remaining ingredients in a blender; cover and process until blended. Pour dressing over tomatoes and toss gently. Chill before serving.

Nutrition:

1 each: 143 calories, 14g fat (2g saturated fat), 1mg cholesterol, 217mg sodium, 4g carbohydrate (2g sugars, 1g fiber), 1g protein.

Mediterranean Chickpea Salad

Ingredients:

- 2 cups cooked chickpeas**, 1 can drained and rinsed, or cooked
- 3 Persian cucumber**, chopped, about 1-1/2 cups
- 1 jalapeño**, finely chopped (optional)
- 2 1/2 cups baby/ cherry tomatoes** slice in halves if large or leave whole if small ones
- 1 medium sized red onion**, sliced
- 1/2 cup pomegrate arils** or an orange or your choice of fruit, chopped
- 1/2 cup sun-dried tomatoes**, drained, olive oil preserved preferred
- 1 cup pitted Kalamata olives** and green olives sliced (I like to mix it up)
- 1/2 cup freshly chopped mint**, dill or basil leaves (I like to use all three together)
- 1 cup freshly chopped parsley leaves**

For Dressing:

- 3-4 tablespoons your best cold pressed extra virgin olive oil
- 3-4 tbsps lemon juice
- 1/2 teaspoon Sumac
- 1/2 teaspoon red chili flakes
- 1 teaspoon Aleppo pepper (optional)
- 1/2 teaspoon zaatar
- 1 garlic clove, minced
- Sea Salt and black pepper

Directions:

In a large salad bowl, mix the salad ingredients together chickpeas, chopped cucumber, baby tomatoes, sun-dried tomatoes, olives, and fresh herbs. In a jar, add all the dressing ingredients extra virgin olive oil, lemon juice, minced garlic, salt and pepper, zaatar, chili flakes, sumac and spices. Drizzle the dressing over the salad and mix gentle to coat. Leave aside for 30 minutes before serving, or cover and refrigerate until ready o serve. When ready to serve, give the salad a quick mix and taste to adjust seasoning if at all needed. Enjoy!