

Diced Vegetable Salad

- 4 medium beets, cooked (Boil for 25 minutes or roast in tinfoil with a little olive oil for 90 minutes), cooled, peeled and finely diced
- 2 carrots, peeled, finely diced and simmered in a little water for 2-3 minutes
- 4 Israeli cucumbers, finely diced
- 1 red or yellow bell pepper, seeded and finely diced
- 1/2 c roughly chopped, lightly toasted walnuts

Middle Eastern Dressing

- 1/2 c plain yogurt
- 2 cloves garlic, crushed
- 1-2 T tahini (optional)
- 1/2 t of ground cumin
- juice and zest of 2 lemons
- juice and zest of 1 orange
- sea salt

In a small bowl, combine the dressing ingredients. Arrange the diced vegetables on a platter or in a large bowl. Sprinkle on the walnuts. Toss with dressing just before serving. Serve with **homemade pita chips** or fresh pita. Transform into a more ample salad meal on a bed of baby arugula, with a side serving of chickpeas mixed with yogurt, lemon juice, sea salt and black pepper. Serves 6-8.

Jittery Cook