

*Chef Reilly's*

# ISRAELI SALAD

**4 small Israeli cucumbers**  
(If you can't get small or Israeli cucumbers, you can use English or Large cucumbers. If using English or Large cucumbers, use one to two.)

**3 large Tomatoes**  
(Roma or any tomato you like)

**1 Red Bell pepper**

**2 Green Onions**

**Dressing:**

**3 tbsp Olive oil (Extra Virgin)**

**3 tbsp Fresh lemon juice (1 Fresh lemon)**

**Salt & Pepper to taste**

**1 tbsp Za'atar or to taste**

**Take it up a notch and add any fresh herb (Basil, Rosemary your choice)**



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Finely Dice the vegetables! In Israel the Salad is chopped to the finest most perfect dice! I like to medium dice my Israeli Salad! Peeling the cucumbers is optional.



Mix together the lemon juice, olive oil, salt, pepper, and Za'atar in a bowl.



Combine the vegetables with the dressing and serve!

Questions email [greg@maranathatours.com](mailto:greg@maranathatours.com)

Simple, Healthy and  
Really Good. Serve  
as a side salad or as  
a topping.

*-Chef Reilly*

