

# Artichoke, Spinach, & Tomato Flatbread

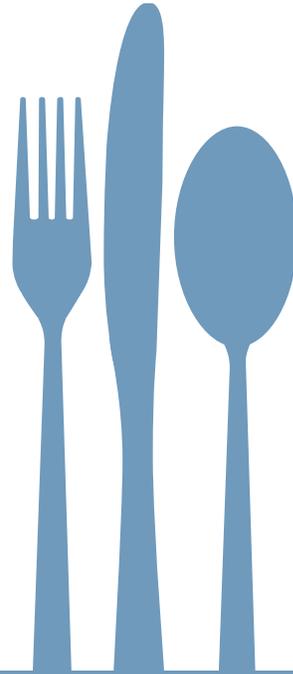
## DIRECTIONS

1. *Preheat oven to 425 degrees.*
2. *Combine garlic, parsley, and 4 tablespoons olive oil. Spread evenly on each flatbread. Sprinkle with mozzarella and parmesan cheese.*
3. *Toss artichokes, tomatoes, spinach, and basil with 2 tablespoons olive oil. Arrange on top of cheese.*
4. *Bake flatbread for 10-12 minutes or until golden and crisp.*



## INGREDIENTS

- 2 cloves of garlic minced
- 2 tbsp. fresh minced parsley
- 6 tbsp. olive oil, divided
- 1/2 cup shredded mozzarella cheese
- 4 tbsp. shredded parmesan cheese,
- 14 ounce can quartered artichokes in water, drained
- 1/2 cup cherry tomatoes, halved
- 1 cup fresh spinach, chopped
- Basil leaves, chopped
- Flatbread



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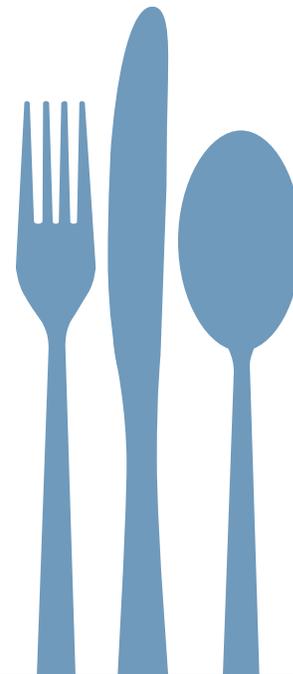
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# Egg Salad Sandwich

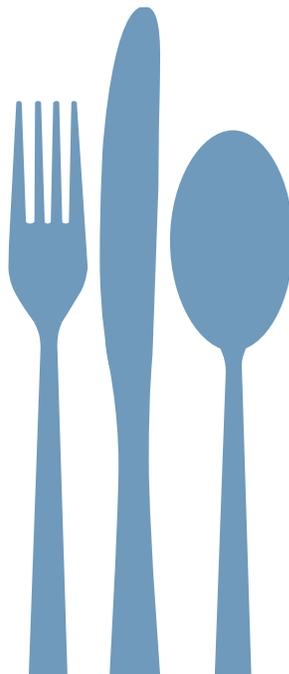
## DIRECTIONS

1. In a medium bowl, mix mayo, parsley, chives, dill and shallot. Mash in the eggs with a fork, add black pepper to taste.
2. Keep refrigerated until ready to prepare sandwiches.



## INGREDIENTS (3 sandwiches)

- 1/3 cup olive oil mayonnaise
- 2 tbsp. chopped parsley
- 2 tbsp. chopped chives
- 1 tbsp. chopped dill
- 1 tbsp. minced shallot
- 6 hard boiled eggs
- Black pepper to taste
- 6 slices of bread



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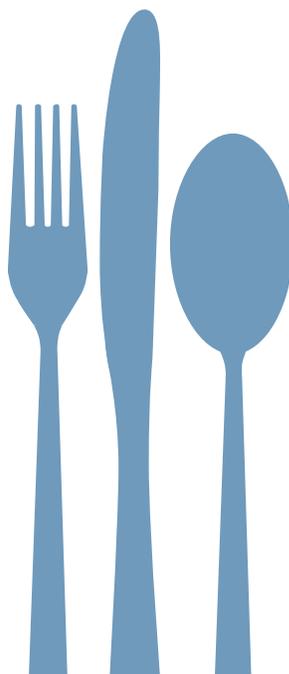
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# Israeli Salad

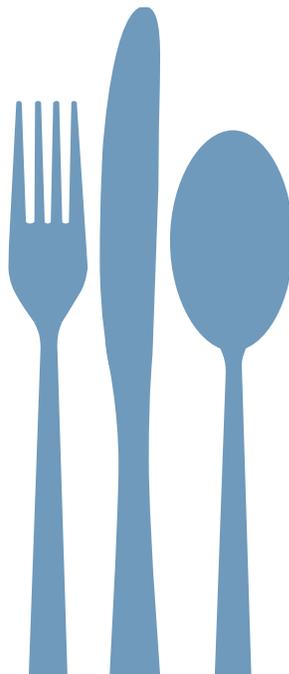
## DIRECTIONS

1. Finely dice the ingredients.
2. Toss with lemon zest, lemon, and olive oil.



## INGREDIENTS

- 2 large tomatoes
- 1 English cucumber
- 1/2 medium red onion
- 1 red bell pepper
- 1 yellow bell pepper
- 1/4 cup mint
- 1/4 cup cilantro
- 1/4 cup parsley
- Zest from 1 lemon
- Lemon juice from previous lemon
- 4 tbsp. olive oil



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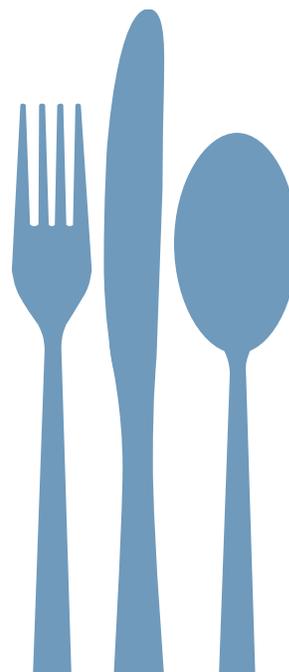
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# Minted Orzo Salad with Chickpeas & Feta

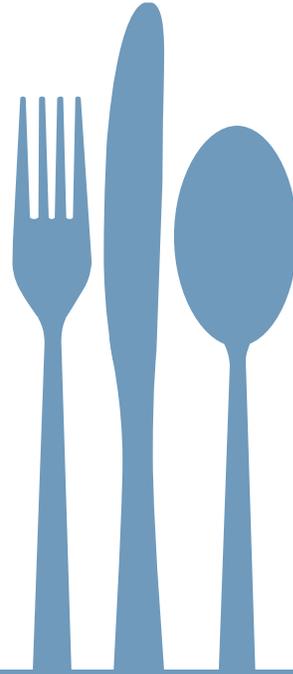
## DIRECTIONS

1. *Boil the orzo in the broth until tender. Drain and let cool.*
2. *Combine the orzo, chickpeas, feta, red onion, celery, basil and mint in a large bowl.*
3. *Combine lemon juice, garlic, honey, olive oil and black pepper in a blender. Then, toss to coat.*
4. *Allow to sit for 30 minutes for flavors to blend. Can be served at room temperature or chilled.*



## INGREDIENTS

- 4 cups vegetable broth
- 1 1/2 cups dry orzo
- 15 ounce can of chickpeas, rinsed and drained
- 1 cup crumbled feta cheese
- 1/2 chopped medium red onion
- 1 large celery stalk chopped
- 2 tbsp. chopped basil
- 2 tbsp. chopped mint
- 1/4 cup lemon juice
- 2 garlic cloves
- 1 tbsp. honey
- 1/4 cup olive oil
- 1/4 tsp. black pepper



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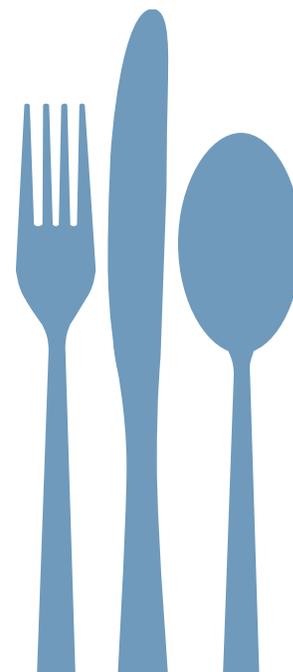
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# Tzatziki

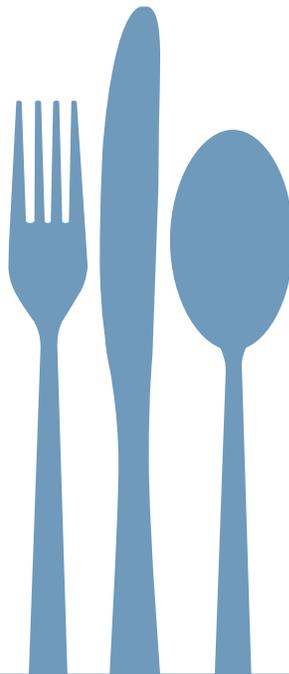
## DIRECTIONS

1. *Take the one half of the cucumber and shred. Place the shredded cucumber in a strainer, dry as much juice out as possible.*
2. *Place the remaining ingredients into a food processor and blend until smooth.*
3. *Serve with pita chips or cucumber slices.*



## INGREDIENTS

- 2 cups full fat Greek yogurt
- 1/2 English cucumber
- 2-3 garlic cloves
- 2 tbsp. dill



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