

# Israeli Salad

Bialik College Kitchen Garden Program



## Ingredients:

- 3 Lebanese cucumbers, diced
- 3 Tomatoes, diced
- 1 Red capsicum, diced
- ¼ Red Onion, finely chopped
- 1 tablespoon extra virgin olive oil
- 1 tablespoon white vinegar
- ½ teaspoon salt
- ½ teaspoon sugar
- Optional extras: radishes, corn, avocado, beans, lettuce

## Equipment:

- Chopping board
- Cook's knife
- Large mixing bowl
- Fork
- Metric measuring spoons

## Method:

1. Prepare all ingredients as stated above.
2. Place all salad ingredients into the large mixing bowl.
3. Whisk the oil, vinegar, salt, sugar together and pour onto salad.
4. Mix together gently and serve.