

## Summer Mediterranean-Style Salad

### Ingredients:

3 - 4 cups leafy greens of your choice  
Avocado Dressing\*  
1 cup Marinated Lentil, Fennel, and Zucchini\*  
1 cup Seasoned Israeli Couscous\*  
1 cup Cooked Beets\*  
6 tablespoons soft goat cheese  
Fresh ground black pepper  
Cilantro, fresh, chopped fine  
\*See recipes below

### Procedure:

1. Toss the greens with the Avocado Dressing and arrange on a serving plate or bowl.
2. Layer the Marinated Lentils, Fennel, and Zucchini, Seasoned Israeli Couscous, and cooked beets on top of the dressed greens.
3. Drop the goat cheese by tablespoons around the platter and grind a bit of pepper on top. Sprinkle with chopped cilantro.

## AVOCADO DRESSING

### Ingredients:

1 small ripe avocado  
1 tablespoon fresh lime juice  
2 tablespoons rice vinegar  
¼ cup olive oil  
1 tablespoon fresh parsley, chopped  
1 tablespoon fresh cilantro, chopped  
Salt and pepper to taste

### Procedure:

1. To prepare the avocado, cut it in half and remove the pit, then scoop out the flesh of the avocado with a spoon and put it in a blender or small food processor.
2. Add the remaining ingredients and blend until smooth and well mixed, then season with salt and fresh ground pepper.

## **MARINATED LENTIL, FENNEL, AND ZUCCHINI**

### **Ingredients:**

1 cup water  
¼ cup French Lentils  
¼ cup fresh fennel, chopped  
2 tablespoons fresh dill, chopped  
Salt and pepper to taste  
1 tablespoon rice vinegar  
2 teaspoons olive oil  
½ cup zucchini, chopped  
1 shallot, chopped  
Sunflower oil

### **Procedure:**

1. Simmer the lentils in 1 cup of water for 20 minutes.
2. While this is cooking, mix the fennel, dill, salt, pepper, rice vinegar, and olive oil in a medium bowl.
3. Heat a saute pan over medium heat and coat the bottom with vegetable oil. Add the zucchini and shallot and lightly saute.
4. Allow the lentils and the zucchini to cool and then add to the fennel mixture, cover with plastic wrap and let marinate in the refrigerator overnight, or for at least 4 hours.

## **SEASONED ISRAELI COUSCOUS**

### **Ingredients:**

½ cup Israeli (pearl) couscous, uncooked  
2 teaspoons sunflower oil  
¾ cup water or vegetable stock  
2 tablespoons parsley, chopped  
Lemon juice from ½ lemon  
½ teaspoon salt  
¼ teaspoon pepper

### **Procedure:**

1. Saute the Israeli (pearl) couscous in a hot pan coated with the sunflower oil for 2-3 minutes.

2. Add the water or stock, bring up to a boil, then reduce heat to simmer for 10-15 minutes.
3. Toss together with the parsley, lemon juice, salt, and pepper.
4. Cover and refrigerate until ready to serve.

## **COOKED BEETS**

### **Ingredients:**

2 medium to large red or golden beets, peeled and cut into quarters

### **Procedure:**

1. Steam the quarters in a covered pan with a steamer basket and 1 inch of water for 20 minutes, until done.
2. Allow to cool then chop into 1/2 inch pieces.
3. Store in the refrigerator until ready to assemble salad.

## **CHEF'S NOTES**

- The cooked ingredients need at least 4 hours to marinate and/or chill in the refrigerator.
- The zucchini can be substituted with other summer vegetables.