



Israeli Couscous Salad with Lemon-Herb Dressing

Ingredients

- 1 1/2 cups Israeli couscous (or orzo), cooked and cooled
- 1 cup cherry tomatoes, halved
- 1/2 cucumber, diced
- 1/4 cup kalamata olives, sliced
- 2 scallions, thinly sliced
- 2 tbsp chopped parsley
- 1 tbsp chopped fresh mint
- 1/4 cup crumbled feta (optional)

Dressing Ingredients

- 1/4 cup olive oil
- 2 tbsp fresh lemon juice
- 1 tsp lemon zest
- 1 garlic clove, minced
- Salt and pepper to taste

Instructions

- In a large bowl, combine couscous, vegetables, herbs, and feta if using.
- Whisk together dressing ingredients and pour over salad.
- Toss gently to combine and refrigerate until ready to serve.



Grilled Peach & Tomato Salad with Basil

Ingredients

- 3 ripe peaches, halved and pitted
- 1 cup cherry tomatoes, halved
- 1/4 cup fresh basil leaves
- 1 tbsp olive oil
- 1 tbsp balsamic glaze
- Optional: mozzarella pearls

Instructions

- Grill peach halves for 2–3 minutes per side until charred. Slice once cooled.
- In a serving dish, combine grilled peaches, cherry tomatoes, and basil.
- Drizzle with olive oil and balsamic glaze before serving.
- Top with mozzarella if desired.



Cold Thai Cucumber Salad

Ingredients

- 2 large cucumbers, thinly sliced
- 1/2 cup shredded carrots
- 2 scallions, thinly sliced
- 1/4 cup chopped cilantro
- 1/4 cup chopped roasted peanuts

Dressing Ingredients

- 2 tbsp rice vinegar
- 1 tbsp lime juice
- 1 tsp sesame oil
- 1 tsp honey or agave
- Pinch of red pepper flakes (optional)

Instructions

- In a bowl, whisk together dressing ingredients.
- Toss cucumbers, carrots, scallions, and cilantro in the dressing.
- Top with peanuts just before serving for crunch.



Lemon-Herb Marinated White Bean Salad

Ingredients

- 2 cans cannellini or great northern beans, drained and rinsed
- 1 small shallot, minced
- 2 tbsp chopped fresh parsley
- 1 tsp chopped thyme or oregano
- Zest and juice of 1 lemon
- 1/4 cup olive oil
- Salt and pepper to taste
- Optional: shaved parmesan or baby arugula for garnish

Instructions

- In a large bowl, combine beans, shallot, herbs, lemon zest, and juice.
- Drizzle with olive oil, season with salt and pepper.
- Toss to coat and refrigerate for 30 minutes before serving.
- Garnish with parmesan or arugula if using.