

A TASTE OF SHABBAT

FROM OUR HOMES TO YOURS

BY CHAYA AND YAEL



ARUGULA SALAD

INGREDIENTS

Walnut Topping

1 cup walnuts
1/2 cup pure maple syrup

Salad

8 oz arugula
1 endive, sliced
2 Granny Smith apples,
peeled and diced
2 Stalks celery, sliced
3/4 cup dried cherries
1/4 cup golden raisins

Dressing

1/4 cup oil
1/4 cup pure maple syrup
2 Tbsp. mayonnaise
2 Tbsp. apple cider vinegar
1 Tbsp. Dijon mustard
1/2 tsp. kosher salt
1/4 tsp. black pepper

METHOD

1. Preheat the oven to 350 F. In a small bowl, coat the walnuts with the maple syrup and spread in a single layer on a baking sheet. Bake for 10 minutes, or until fragrant. Allow to cool.

2. To prepare the dressing: Place all the dressing ingredients in a small jar or cruet and shake well to combine.

3. To prepare the salad: In a large salad bowl, combine the walnuts with the salad ingredients. Add the dressing and toss to combine. Serve immediately.

Serves 6-8

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ASPARAGUS CORN SALAD

INGREDIENTS

1 Bunch of Asparagus

Cherry or Grape Tomatoes

4 Fresh Corns

1 Red Onion

METHOD

Cut the asparagus into four, grill them on a frying pan with just a lit bit of oil until it's tender.

Cook the corn in water and cut it when its ready.

Mix the asparagus with the corn, and add halves of cherry or grape tomatoes.

Add cubes of red onion, mix it all and dress with olive oil, lemon juice, salt and pepper for taste.

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CHICKPEA MANGO SALAD

INGREDIENTS

1 Can of Chickpeas

Cherry or Grape Tomatoes

2 Avocados

1 Mango

Red Onion

METHOD

Cut the avocado and mango into small cubes

Add the chickpeas, halves of cherry or grape tomatoes, and diced red onion

Mix it all and dress it with olive oil, lemon juice, salt, pepper and 1 tbsp of honey

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NISH NOSH SALAD

INGREDIENTS

Salad

Lettuce

Shredded Red Cabbage

Grape Tomatoes

Nish Nosh Cracker Crisps or Crushed

Sesame Crackers

Optional: Red Onion

Dressing

1/4-1/2 Cup Oil

1/2 Cup Mayo

2 tsp. Sugar

3/4 tbsp. Lemon Juice

1 tsp. Mustard

1 Clove Garlic Crushed

Salt & Pepper to Taste