Mediterranean Couscous Salad

Ingredients:
1 box of Near East toasted pine nut couscous (or preferred couscous) 1 bunch of parsley, finely chopped
1 cup of chickpeas Juice of 1 lemon
2 cucumbers, diced Salt and pepper to taste
2 tomatoes, diced Tahini
1 small red onion, diced Zaatar

Directions:
1. Prepare couscous according to instructions on the back of the box.
2. Fluff couscous once cooked then place on a large serving dish or bowl.
3. Top with chickpeas.
4. Combine cucumbers, tomatoes, onions, parsley, lemon juice, salt and pepper then layer over chickpeas and couscous.
5. Drizzle tahini over salad.

Optional: If desired you can add thinly sliced chicken, schnitzel, tofu cubes or crumbled feta and sliced hard boiled eggs.

Lemon Tomato Salmon with Dill

Ingredients:
1 lb. Salmon
Olive oil
Salt & Pepper
3 lemons, thinly sliced
2 medium to large tomatoes, thinly sliced
1 bunch of fresh dill, finely chopped
Lemon Tomato Salmon with Dill (cont’d)

Directions:
1. Place salmon on parchment lined baking sheet.
2. Drizzle olive oil on top of salmon and season with salt and pepper.
3. Layer lemon and tomato slices on top of salmon.
4. Top with freshly chopped dill.
5. Bake on 350 degrees for 18 to 25 minutes, until salmon flakes easily.

Optional: Serve with dill sauce. Combine mayonnaise, lemon juice and dill.

No Bake Dairy Free Key Lime Cheesecake Bars

Ingredients:
1 cup pitted dates
1 cup pecans
1 can coconut milk, refrigerated overnight
1 avocado
Zest and juice of 2 limes
1 tsp vanilla extract
2 tablespoons honey

Directions:
1. In a food processor, pulse together pitted dates and pecans.
2. Press mixture down firmly in a parchment lined baking dish and freeze.
3. Clean out food processor before combining coconut cream, avocado, lime juice and zest, vanilla and honey until smooth and creamy.
4. Place mixture on top of crust then place back in freezer until hardens.

Optional: Serve with melted dark chocolate and crushed pecans on top.