**Israeli couscous salad**

Serves: 6

Ingredients:

1 (8 7/8 ounce) package Israeli couscous

1/2 medium cucumber, peeled and diced

2 medium tomatoes, seeded and chopped

1/4 cup red bell pepper, diced

2-3 green onions, sliced

10 black olives, sliced

1 tablespoon fresh parsley, chopped fine

2 tablespoons lemon juice (or more, to taste)

1 tablespoon olive oil (or more, if too dry)

Directions:

 1. Cook couscous according to package directions, drain and rinse in cool water.

 2. Combine remaining ingredients and cover and chill till ready to eat.

**Cauliflower “Pashtida”**

Serves: 4

Ingredients:

1 cauliflower head

4 eggs

1½ cups sour cream (can use a combination of sour cream and cottage cheese or ricotta cheese)

4 heaping Tbsp self-rising flour

4 Tbsp mayonnaise

1 Tbsp chicken soup powder

Breadcrumbs

Directions:

1. Break cauliflower into flowers and cook or steam until it’s soft – but not too soft!
2. Mix eggs, flour, mayonnaise, soup powder, sour cream, salt and pepper in a bowl until smooth.
3. Spread breadcrumbs in an oiled baking pan. Place the soft cauliflower over it, and pour the mixture over it. May top with parmesan cheese, if desired.
4. Bake in medium heat (350°) for 45 min. – 1 hr. (until set and golden brown).

**Shakshuka**

Serves: 8

Ingredients:

2 tablespoons olive oil

3-4 cloves (“teeth”) garlic, finely chopped

3 bell peppers (red, yellow, and orange add nice color)

1 chopped white onion

½ teaspoon crushed red pepper

1 ½ cups canned or fresh tomatoes, drained and crushed in a bowl

1 sm. can tomato paste

Cumin to taste

Salt and pepper to taste

8 eggs

Directions:

1. In a skillet, heat the oil. Add the onion, garlic and crushed pepper. Cook, stirring constantly for 1 minute or until the garlic is lightly browned. Add the tomatoes and cumin. Cook, stirring often, for 10 minutes.

2. Add the tomato paste, cover the pan, and simmer for 2 minutes. Taste for seasoning; the sauce should be highly flavored. Add more crushed red pepper or salt, if you like

3. One by one, break the eggs into the tomato sauce, jiggling the pan a little to spread the whites.

4. Partially cover the pan and cook over low heat for 5 minutes or until the whites set.

*Adapted from “Book of New Israeli Food”*