

NEW SALADS SUITABLE FOR DIET AND KETO DIET

Ingredients

olive oil

salt

lemon

Halloum cheese

onion

Black olives

Green thyme

Recipe 6: Green Thyme Salad

olive oil

cucumber

tomato

onion

Shanklich

Recipe 5: Shanklich Salad

water

salt

lemon

tahini

Oregano

lettuce

parsley

garlic

red pepper

zucchini

eggplant

Recipe 4: Grilled Vegetable Salad

olive oil

cumin

onion

tomato

Pickle cucumber

Recipe 3: Pickle Salad

Walnuts for decoration

Ingredients

olive oil

onion

tomato

Makdous

Recipe 2: Makdous Salad

olive oil

lemon

salt

dry mint

White cheese

Purslane

cucumber

tomato

lettuce

The first recipe: Olive salad

Directions

At first we put a frying pan on the fire and then put olive oil, chopped eggplant, chopped zucchini, chopped capsicum, chopped garlic and halloumi cheese, then we grill these vegetables and cheese. The first recipe: olive salad In a box put shredded lettuce, beans, shredded cucumbers, diced tomatoes, black olives, grated white cheese and a sprinkle of mint. Then add the sauce consisting of olive oil, salt and lemon juice. The second recipe: salad al-Makdous In a box we put chopped tomatoes, chopped onions, chopped Makdous and a little Makdous oil. With the addition of walnuts, to decorate. The third recipe: pickled salad In a box, put chopped tomatoes, pickled cucumbers, chopped onions, a pinch of cumin and olive oil

The fourth recipe: grilled vegetable salad Sauce: In a bowl, put tahini, lemon juice and a pinch of salt with a little water and mix well. In a box we put lettuce, grilled eggplant, grilled zucchini, roasted capsicum, roasted garlic and a sprinkle of oregano. After that, we pour the sauce and add parsley to decorate. Fifth recipe: Shanklish salad "not allowed keto diet" In a box, put a cucumber and a sliced

Sixth recipe: green thyme salad In a box put green thyme, chopped onions, black olives, chopped lemon, grilled halloumi cheese with the addition of the sauce consisting of lemon, salt and olive oil

Shanklish, cho

C H E F O M A R

Bon Apetit!