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 Shanklish, cho 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

C H E F O M A R

Bon Apetit!