



### ZAINAB'S SALAD

1 head of lettuce of choice—2-3 cups, finely chopped  
½ cup sliced onions  
½-1 cup sliced radishes  
1 tablespoon vinegar (Sprinkle over onions and radishes)  
½ to 1 cucumber, sliced  
½ cup red bell pepper, sliced  
1-2 cups sliced apples  
1 cup grated carrots  
½ cup sliced celery

Cut all vegetables and fruits into very small, matchbook shapes. Other vegetables & fruits: beets, summer squash, spinach, pears, tomatoes (don't slice quite so fine!), use your imagination.

#### **Yogurt Dressing:**

3-4 tablespoons plain yogurt (Greek yogurt preferred)  
3-4 tablespoons lemon juice  
1 ½ teaspoons ground cumin  
½ teaspoon powdered sumac (available at Middle Eastern markets)  
2-3 tablespoons olive oil  
½-1 teaspoon salt

Mix together dressing ingredients and pour over salad, mixing well. Stores well 3-5 days.

Zainab Wassef is an Iraqi student who stayed with our family while she attended Bellarmine University, and who made wonderful salads.