

Tamam Salad

I had this delightful salad in a restaurant in Hania (Chania), Crete. It is a lovely combo on a hot day, easy to prepare, and not only delicious but loaded with heart and brain-healthy nutrients. Recipe adapted with permission from the Taman Restaurant in Hania, Crete.

Prep Time: 25 Minutes

Serves: Four

Ingredients for the Salad:

1 cup white cabbage finely chopped
½ cup red cabbage, finely chopped
1 cup carrots, grated
2 cups romaine lettuce, chopped
½ cup arugula, finely chopped (rocket salad)
½ cup parsley, finely chopped
½ cup fresh dill weed, finely chopped
½ cup fresh mint, finely chopped
8 cherry tomatoes, sliced in half

Ingredients for the Vinaigrette Dressing:

2 tablespoons extra-virgin olive oil
1 tablespoon fresh lemon juice
2 teaspoons Dijon mustard
1 teaspoon soy sauce
1 teaspoon honey

Ingredients for the Avocado Sauce:

1 Haas avocado, skin and pit removed

1 tablespoon fresh lemon juice

1 tablespoon extra-virgin olive oil

2 tablespoons Greek yogurt (low-fat or full fat)

¼ teaspoon sea salt

Garnish

2 ounces walnuts, chopped and toasted lightly

(Tamam Salad Cont.)

Directions:

Add salad ingredients to a large salad bowl and mix well.

Wisk vinaigrette dressing ingredients and toss with the salad.

Combine avocado sauce ingredients in a blender and blend until smooth.

Add salad to serving plates.

Pour avocado sauce over the top of the salad, then garnish with toasted walnuts. Enjoy! 😊

Enjoy,

Steven Masley, MD