



CONCORDIA  
UNIVERSITY  
OF EDMONTON | Wellness



# COOKING

*at CNE*

With Guest Chef  
Alannah Twin

Tegler 12-1 pm

Feb 12th

Baladi Salad

Come try some samples!

## **Baladi Salad (remix)**

Recipe makes about 4-6 servings

### **Salad Ingredients**

1 English Cucumber  
300g Tomatoes  
½ Onion  
1-2 Bell Peppers  
200g Orzo or Quinoa (dry)  
1 can Chickpeas  
200g Feta  
½ bunch Cilantro  
½ bunch Dill

### **Dressing Ingredients**

Olive Oil - 80 ml  
1 Lemon and/or white vinegar - 40 ml  
Cumin - 1 to 2 tsp  
Salt - add to taste  
\*Dressing ratio is 2:1 of Olive oil to lemon/vinegar

### **Instructions**

- 1) Bring a pot of water to boil and add orzo or quinoa. Cook orzo, quinoa, or other grain of your choice by the instructions provided for the ingredient. After draining, add a bit of olive oil so the grains do not stick to each other. Let it cool to the side while preparing other ingredients.
- 2) Chop the vegetables to your preference and add them to a bowl.
- 3) Drain and add the chickpeas as well as the orzo and feta. Mix together.
- 4) Using kitchen scissors, cut the cilantro and dill into fine pieces in the salad. Add the amounts recommended above or according to your taste.
- 5) Mix the dressing according to the amounts above. Taste and adjust as needed.
- 6) Add the dressing to the salad and mix everything together.
- 7) Let the salad sit for a few hours in the refrigerator to let the dressing absorb into the salad.