

PARASHA RECIPES

PARASHAT CHAYE SARAH

פרשת חיי שרה

IN THIS WEEK'S PARASHAH OUR FOCUS MOVES BETWEEN TWO WOMEN. FROM THE MOTHER TO THE BRIDE. SARAH DIES AND YITZCHAK PURSUES RIVKAH AS HIS WIFE. THE RECIPE THAT WE BROUGHT TODAY IS A SPECIAL RECIPE. IN MY FRIEND'S FAMILY TRADITION, EVERY TIME A WOMAN JOINS THE FAMILY SHE NEEDS TO ADD SOMETHING TO THE FAMILY RECIPE BOOK, TO SHOW THE UNIQUE CONNECTION AMONG THE FAMILY AND TO TIE TRADITION TOGETHER.

AVOCADO AND MORE SALAD

- 1 BASKET OF CHERRY TOMATOES
- 1 BUNDLE OF COOKED, LARGELY CHOPPED ASPARAGUS
- A CAN SLICED HEARTS OF PALM
- 3 GREEN ONIONS, FINELY SLICED
- 2 AVOCADOS, CUBED
- 3 TABLESPOONS OF PINE NUTS, UNSALTED

DRESSING

- 1 GARLIC CLOVE
- ½ CUP OF WHITE VINEGAR
- ½ CUP OF OLIVE OIL
- 1 TABLESPOON OF SUGAR
- ½ TEASPOON OF BLACK PEPPER

MIX THE DRESSING IN ONE BOWL AND THE VEGETABLES IN ANOTHER. THEN COMBINE.

BON APPETIT- בנתאבון!