

COOK ALONG
LIVE WITH
Aladdin Obeid

at 4PM on
April 10!

2021 • VIRTUAL
HEALTH FAIR
& WELLNESS EXPO

Mediterranean Salmon

- Salmon Filet
- 1 lemon
- 1 roma tomato diced
- 1/3 cup sliced Kalamata olives
- Feta cheese
- Fresh basil
- Olive oil
- Balsamic vinegar
- Salt and Pepper
- Garlic powder or granulated garlic
- 1 large zucchini or 2 small
- 1 clove of garlic
- Spiralizer



Quinoa Tabbouleh with chickpeas

- 1 cup cooked quinoa
- 1 can chickpeas beans
- ½ pound Persian cucumbers or 2 English cucumbers
- 2 cups cherry tomatoes halved
- 1 cup chopped parsley leaves (about half of bunch)
- ½ cup chopped fresh mint leaves
- 1/3 cup fresh lemon juice (about 2 large lemons)
- 1/3 cup extra virgin olive oil
- Salt and pepper

