

COOKING ISRAEL

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Persimmons Salad

By Natasha Nadel

Persimmons are one of Israel's most profitable exports and Israel is one of the largest exporters of Persimmons in the world. Enjoy this hearty and healthful salad in your sukkah!

Ingredients

3 cups baby kale
3 cups baby spinach
1 cup sliced purple cabbage
1 15 oz can fava beans, rinsed and drained
1 red pepper, diced
1 pint red, yellow and orange small (cherry or grape) tomatoes, halved
2 persimmons, sliced in 8ths



Directions

Cover the bottom of your serving bowl with the greens. Layer the rest of the ingredients on one at a time, so that your guests feel the full impact of the happy colors and complementary flavors.

Suggested salad dressing: Balsamic Vinaigrette

BeTeavon and ENJOY!



Natasha Nadel

Natasha Nadel is a journalist, mom, and the author of "The Healthy Mama's Guide to feeding your family well – simply and sanely," and "The Healthy Family, Healthy You Cookbook." You can find her with her family in Maryland and at *The Healthy Family, Healthy You Cookbook*.

More recipes by Natasha:



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"As I slept, under the cover of darkness, a Palestinian Arab terrorist was spotted entering my town from his adjacent town. Overnight, led by our volunteer rapid response security team and many soldiers, a manhunt began to find the intruder. I got wind of this all around 5:00am. "

When #terror comes to your neighborhood, Jonathan Feldstein explains how his fear turned into

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