

# delicious dish

**Winter in the Golan Heights  
Grocery, Tool List and Prep list**

Recipe Title	Grocery Fresh	Grocery Dry	Tools Needed	Prep Ahead
<b>freekeh and herb salad with yellow beet and labneh</b>	1 large yellow beet 20 Brussels sprouts 1 kohlrabi OR 1 green apple 3 radishes ½ cup chopped herbs (mix of minced parsley, minced basil and minced mint) 1 lemon Fresh garlic 1 cup labneh or thick Greek yogurt	Neutral oil Freshly ground pepper Maldon sea salt for sprinkling Kosher salt Freekeh Capers Grainy mustard Honey Extra virgin olive oil	Small pot Mixing bowl	Have all herbs washed All Ingredients ready
<b>charred squash with red onion, pine nut dukkah, tahini and date vinaigrette</b>	2 acorn, sweet potato, dumpling or buttercup (not butternut) squash 1 red onion Handful of chopped cilantro or parsley leaves ½-1 cup labneh, optional	Olive oil or oil spray Kosher salt Flaked sea salt Coarsely ground pepper Coriander seeds Sesame seeds Cumin seeds Whole black peppercorns Fennel seeds Dried mint leaves Tahini Date syrup (also called date molasses or silan) Toasted pine nuts	Cookie sheet Fry pan Coffee or spice grinder, heavy-duty blender, processor or mortar and pestle	Have all ingredients ready