

This past year I went to an Israeli child's birthday party where they served pita with hummus and pickles. They told me that this was the "peanut butter and jelly sandwich" for children in Israel and I couldn't believe it! It was so delicious that I started incorporating this unusual combo into my repertoire. Because I try not to eat much bread, I prepare my own version with apples as the vehicle to deliver the goods. It's a bit different but has all the crunch, savory, sour and sweet flavors I like. I hope you enjoy it.

Apple Rounds with Hummus and Pickles

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| <p>Ingredients</p> <ul style="list-style-type: none"> 1 large apple 1/4 cup hummus 1 small pickle <p>Steps</p> <p>In a large bowl, combine all the ingre-</p> | <p>dients and stir to combine. Whisk dressing until combined and pour on the salad. Stir until all the quinoa and add-ins are coated. Serve chilled or at room temperature. Serves 4 to 6 as a side dish</p> |
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Alma Schneider, a licensed clinical social worker and cooking coach, provides individual sessions, corporate presentations and group workshops helping individuals overcome their practical and psychological obstacles to cooking. Alma has appeared on the Today Show, TV Land and has presented at the TEDx Talks. She has also been featured in Family Circle Magazine and numerous other publications. A cookbook is in the works! For more information, contact her at alma@takebackthekitchen.com or visit her website at www.takebackthekitchen.com.

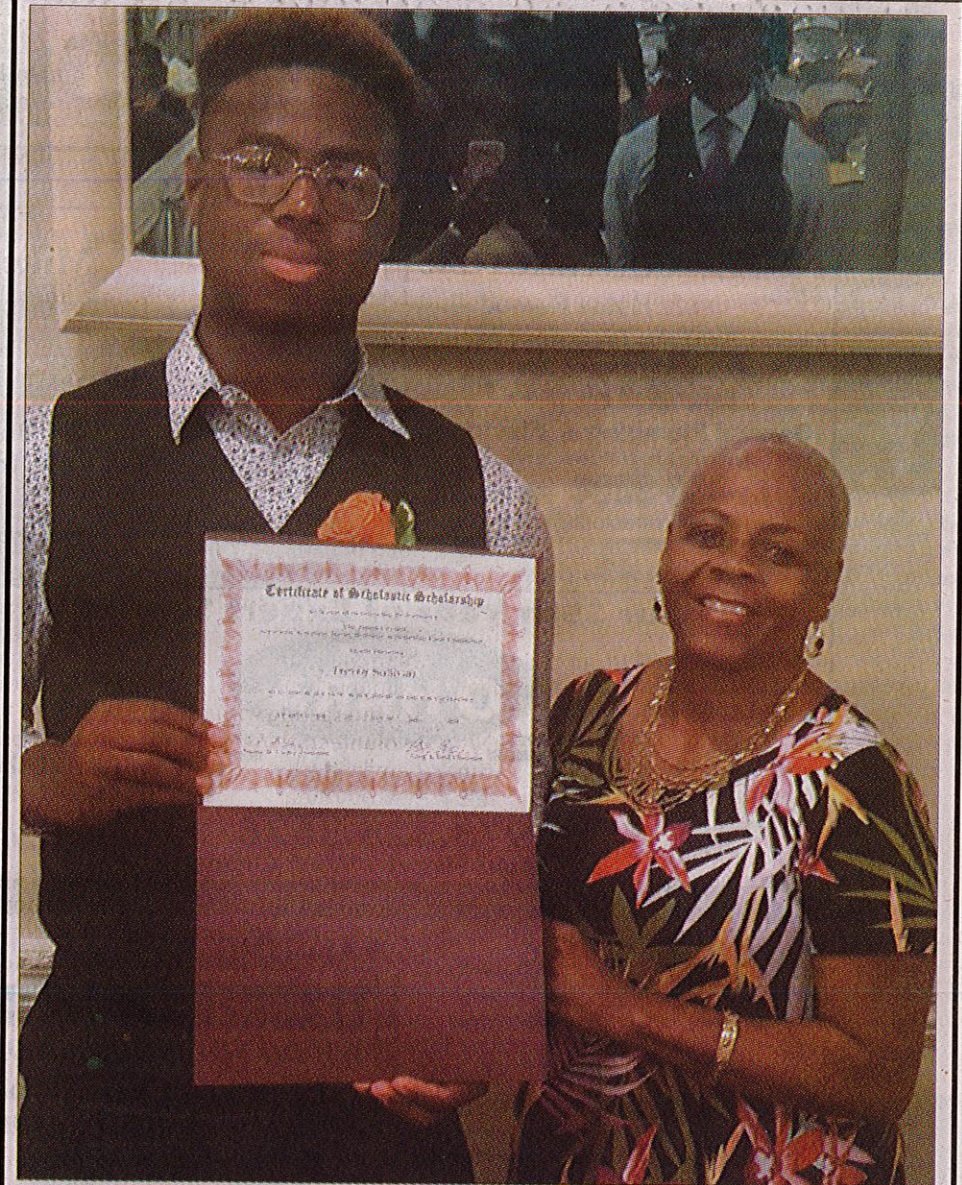


Photo Courtesy of Renee Glick

SUPPORTING EDUCATION — Daughters of Israel certified nursing assistant Theresa Sullivan, pictured, had the pleasure of her grandson, Trevor, winning an academic scholarship at the District 1199J Aberdeen Solomon David Memorial Scholarship Fund dinner on July 12. Sullivan's other grandson, Robert, currently works part-time in the DOI Dietary Department, and was a scholarship recipient in 2016.