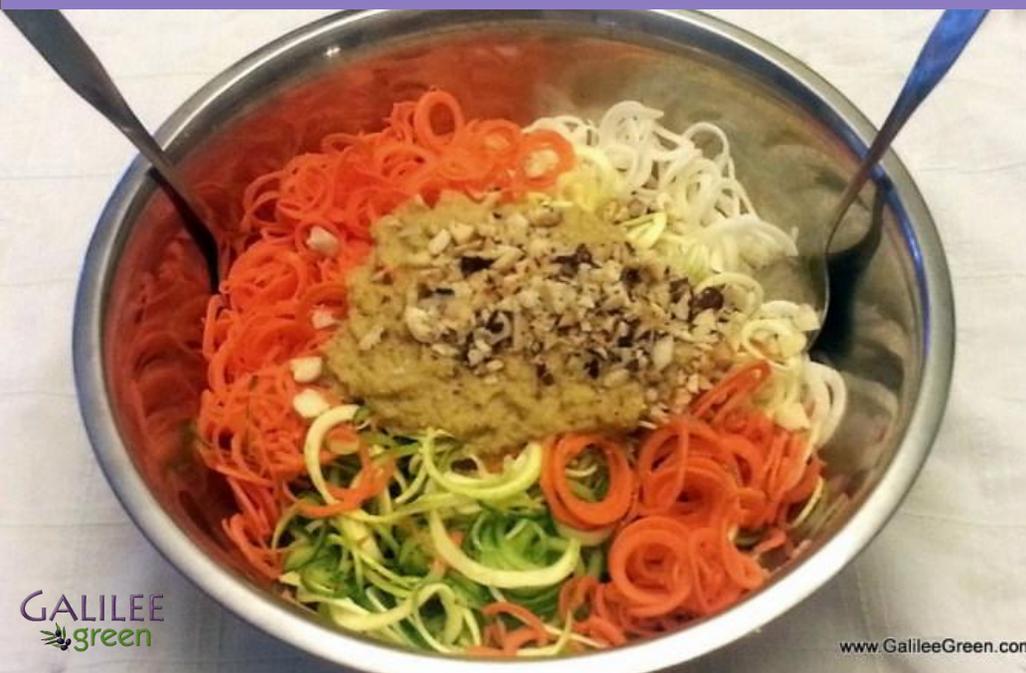




# Galilee Green Salads

Great Recipes from Israel with Nili & Chana





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**Great Recipes from Israel  
With Nili & Chana**



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# Table of Contents



Welcome and Introduction...	4	Galilee Green Corn Salad...	19
Galilee Green Israeli Salad..	6	Galilee Green Fennel Salad.	20
Galilee Green Hummus.....	7	Galilee Green Bean Salad ...	22
No-Chickpea Hummus.....	8	Stay Cool Summer Salad.....	23
Israeli Beet Salad.....	10	Galilee Green Greek Salad..	24
Roasted Sliced Eggplant ....	11	Grain-Free “Pasta” Salad.....	26
Simple Eggplant Salad .....	12	Kale Salad with Fruit & Nuts.	27
Roasted Red Pepper Salad .	14	Galilee Green Quinoa Salad	28
Moroccan Carrot Salad .....	15	Israeli Cowboy Salad .....	30
Roasted Mushroom Salad...	16	Spicy Tuna Salad Supreme.	31
Purple Cabbage Coleslaw...	18	Buy Galilee Green Olive Oil	32

# Welcome and Introduction

**Our two families** moved to Israel in fulfillment of our own lifelong dreams. As Torah observant Jews, we realize that our own journey is a step in fulfilling God's promise to the Jewish people -- to gather us from exile and return us to the Land.

**Our experience** in producing our own brand of Extra Virgin Olive Oil here in the Galilee has deepened our love of the Land and our desire to share its miracles and blessings with friends around the world who love and support Israel.

**We decided to create Galilee Green** for people who want to put their love and prayers for Israel into action by supporting our small business.

**To make it easier for you to enjoy our olive oil** we decided to invite you into our homes and share our life in Israel with you.

A highlight in our week is preparing delicious menus for Shabbat. Cooking in Israel includes a wondrous variety of colors and flavors.

In this cookbook you'll get a chance to learn how to be an Israeli and spice up your table with options like Moroccan Carrot Salad, Hummus and Beet Salad.

We'll also share with you stunning pictures that we've taken as we travel around our amazing little country. Enjoy!

Shalom and Blessings from the Galilee

Nili and Arnie



Chana and Shmuel



## View of the Southern Golan Heights and the Sea of Galilee





You can find Israeli Salad at almost any meal, and on any table in Israel.

### *What makes a salad an Israeli Salad?*

Most likely it is the look of the vegetables chopped as small as possible. It can also be the variety of colours, red, green, purple and orange, but it is definitely the taste. The lemon and onion jumps out playfully and pleasantly.

I like to add pickles for the saltiness. The dash of pepper and garlic compliments and enhances the flavors of the ingredients.

## Galilee Green Israeli Salad



### Ingredients

- 1 tomato
- 1 cucumber
- ½ red pepper
- 1/3 purple onion
- 2 pickles
- You can add: chopped carrots, fresh parsley, mung bean sprouts, scallions....

### Directions

1. To dress this salad, sprinkle generously: [Galilee Green Olive Oil](#), Fresh Lemon Juice, Salt, Pepper and Garlic Powder
2. Mix and Serve

**Many recipes call for fresh chopped parsley for the green and added freshness. Go ahead and be creative. Just think small and chopped.**

**There are no exact measurements. Have fun and enjoy and bring the taste of Israel to your table.**



Since moving to Israel, Hummus (Hummus is the hebrew word for chickpeas) has become a regular fixture at our meals - particularly as an appetizer at our Shabbat tables!

Hummus is a simple salad made with chickpeas (garbanzo beans), lemon juice, techina (sesame seed spread), olive oil, salt and spices.

[Here's a fun video](#) we made here in Yavne'el to show you how to make your own fresh homemade Hummus.

## Galilee Green Hummus



### Ingredients

- 1 can of chickpeas – drain half the water and keep the rest in the can
- 1 1/2 tablespoons of [Galilee Green Olive Oil](#)
- 1 tablespoon tahini
- 1 teaspoon salt
- 2 cloves of garlic
- 1/2 teaspoon cumin
- 1/4 cup of freshly squeezed lemon juice
- Sweet or spicy paprika to taste

### Directions

1. Place the ingredients in a bowl and hand blend the mixture or use your food processor to your desired consistency
2. Place on a serving plate
3. Drizzle with olive oil, sweet paprika and zatar
4. Garnish with whole chickpeas or olives to taste

**Hummus is usually dipped** with crackers, pita bread or vegetables and yummy flavours can include: lemony hummus, garlic or spicy hummus. Our favorite is to spread it on our Challah after breaking bread at our Shabbat meals.



If you love hummus but can't have the chickpeas, try this zucchini-based recipe. It is light, fresh, healthy and yummy!

There are many people on an SCD (Specific Carbohydrate Diet is a group of foods which are grain-free, sugar-free, starch-free, and unprocessed) or on an LCHF (Low Carb/High Fat) diet who would love hummus but can't tolerate the chickpeas ("hummus" actually means "chickpeas")



## "No Chickpea" Hummus



### Ingredients

- 1 medium-sized raw zucchini, washed and unpeeled
- 1/4 cup tahini (sesame paste)
- juice of 1 lemon
- 2 tablespoons [Galilee Green Olive Oil](#)
- 2 large peeled garlic cloves
- 1/4 fresh parsley
- 1/2 teaspoon sea salt
- 1 teaspoon cumin

### Directions

1. In food processor, finely chop garlic
2. Add the rest of the ingredients
3. Puree in the processor until creamy
4. Pour into a shallow serving bowl
5. Refrigerate 1 hour
6. Garnish with 1 tablespoon of [Galilee Green Olive Oil](#) drizzled on top and your choice of zatar, paprika or some more parsley

Enjoy! Use it up in two days as it can go "off" quickly even in the refrigerator... but it's so yummy and healthy you should have no problem finishing it up!

## Looking South Toward Mount Gilboa





Here in Yavne'el my new neighbor Malka introduced me to Harissa.

Harissa is hot chili pepper paste originating from Morocco that adds incredible boldness to any recipe. It really gives a punch to this yummy beet salad.



## Israeli Beet Salad



### Ingredients

- 2 medium-sized beets
- ½ chopped purple onion
- ½ cup or desired amount of chopped cilantro
- 2 tablespoons [Galilee Green Olive Oil](#)
- 1 heaping teaspoon of Harissa
- 3 tablespoons of vinegar
- Spice as desired with the following: Salt, Cumin, Black Pepper, Crushed Coriander Seeds and Garlic Powder

### Directions

1. Wrap beets in silver foil and roast on 225° C or 400° F until fork ready
2. Peel beets under cold water and cut beets into medium-sized cubes
3. Drizzle olive oil over beets and chopped purple onion and add remaining spices and cilantro and mix well
4. Chill and enjoy



One appetizer Chana often serves on Friday night is sliced eggplant salad.

Since I love eggplant, I needed to learn how she makes hers. Chana has a few different ways to prepare it.

Recently one Friday night, I wanted a change from the usual eggplant appetizer that I make, so I created this easy no-fry sliced eggplant salad with a kick based on Chana's recipe.



## Roasted Sliced Eggplant



### Ingredients

- 1 medium eggplant
- 3 tablespoons [Galilee Green Olive Oil](#)
- 3 tablespoons fresh lemon juice
- 2 teaspoons salt
- 1 tablespoon soy sauce
- 2 tablespoons balsamic vinegar
- ¼ teaspoon garlic powder
- ¼ teaspoon mustard powder
- ⅛ teaspoon hot pepper flakes

### Directions

1. Let sit and sweat for 15 minutes
2. Mix: [Galilee Green olive oil](#), lemon juice and soy sauce with eggplant
3. Layer on a roasting pan and broil on both sides until the eggplant is brown and soft
4. Place broiled eggplant in a mixing bowl and add the remaining ingredients, chill and serve

This is a great and beautiful looking appetizer salad for Friday night dinner. Your family and guests will love it. ENJOY!!



Eggplants are plentiful and inexpensive in local Israeli markets, so they become a staple at most meals especially over Shabbat.

Here is a delicious eggplant-based salad sent to us by our Galilee Green friend Suzanne Ankhnut from Madrid, Spain.

It's quick and easy!

Please share with us your own favorite recipes that use our Galilee Green Olive Oil and we'll post them in future posts, newsletters and cookbooks!



## Simple Eggplant Salad



### Ingredients

- 2 or 3 eggplants
- 1 tomato
- 1 onion
- 2 garlic cloves
- Juice from ½ lemon
- Salt & pepper to taste
- 1/3 cup of [Galilee Green Olive Oil](#) or more as needed

### Directions

1. Roast the eggplants until skin can be peeled off
2. Place eggplants in colander and drain and chop
3. Finely chop the tomato
4. Finely chop the onion
5. Crush the 2 cloves of garlic
6. Place all the ingredients in a bowl and mix them together

## View of the Sea of Galilee from the Swiss Forest Above Tiberias





Here is a salad that is both colorful, delicious and healthy!

A cup of chopped red bell pepper has nearly *three times* more vitamin C than an orange. Red peppers are also a great source of vitamin A which promotes eye health.

This salad is relatively easy to make and will definitely impress with its unique flavor. For fun you can try making this salad with Green, Yellow or Orange peppers.

## Roasted Red Pepper Salad



### Ingredients

- 2 Red Bell Peppers
- 2 cloves garlic finely chopped
- 1 tablespoon of [Galilee Green Olive Oil](#)
- Salt
- 1 teaspoon fresh lemon juice

### Directions

1. Blacken the entire red pepper on all sides by roasting on an open flame of an element on a gas range. You can also blacken the pepper by broiling it in the oven
2. Place the blackened peppers in a paper bag or in a sealed bowl. Leave them in the bowl or bag for about an hour until the steam softens the pepper and makes it really easy to clean off the blackened skin
3. Clean off the black skin of the pepper and slice lengthwise
4. Add chopped garlic, lemon juice, [Galilee Green Olive Oil](#) and salt. Toss



Do you want a great fresh tasty salad that is quick to make and economical?

Try this Moroccan Carrot Salad and you'll never fail to impress and it will also look beautiful on your table. It pairs really well with the other salads such as: [Hummus](#), [Beets](#) and [Eggplant](#).

Carrots are also full of beta-carotene, vitamin C, K and Calcium. It is known to improve vision and carrot extract has been found to be helpful for brain health, liver function.

## Moroccan Carrot Salad



### Ingredients

- 4 large carrots
- 2 tablespoons [Galilee Green Olive Oil](#)
- 1 teaspoon of Harissa (See [Beet Salad Recipe](#))
- 3 tablespoons of fresh lemon juice
- Spice as desired with the following: Salt, Cumin, Black Pepper, Sweet Paprika and Garlic Powder

### Directions

1. Peel carrots and cut into ½ inch rounds
2. Cook for 10 minutes until fork tender
3. Drizzle the Galilee Green Olive Oil over carrots and add remaining ingredients and spices
4. Mix well, chill and enjoy. Last for 4 days

**Some research shows that cooking may actually increase the health benefits of carrots. So this salad is your perfect choice FOR TASTE AND [YOUR HEALTH!](#)**



I told an Israeli friend about this wonderful mushroom salad I make for Shabbat. “It’s delicious and so easy to prepare,” I said in my passable Hebrew. “Fabulous when served warm or at room temperature and it’s also great as an appetizer or side dish.”

As I was sharing the list of ingredients and directions, I noticed she was getting more and more confused. Suddenly she burst out laughing. “Now I understand!” she said, “you mean MUSHROOM (*pee-tree-ot*) Salad, not NOODLE (*ee-tree-ot*) Salad!”

## Roasted Mushroom Salad



### Ingredients

- 2 pints of mushrooms cut in half
- ¼ cup [Galilee Green Olive Oil](#)
- ¼ cup Balsamic Vinegar
- ½ teaspoon dry mustard powder
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- ¼ teaspoon ground garlic
- ½ teaspoon dried oregano
- 1 tablespoon chopped fresh dill – for garnish

### Directions

1. Place all ingredients in a baking dish and mix well. Bake at 200 C (400 F) for 10 minutes
2. Stir mushrooms and bake for another 10 minutes
3. Place the roasted mushrooms in a deep bowl including the juices from the pan
4. Cover with a plate or silver foil for 15 - 20 minutes. The cover is the secret to perfectly cooked mushrooms. The steam is now finishing the cooking and deepening the rich flavors
5. Remove the cover and add the fresh dill

## Mount Yavne'el in the Naftali Mountain Ridge - Lower Galilee





This is one of my favorite side dish salads. Years ago as a young mother with little kids, I had a friend who taught me how to prepare meals for Shabbat.

One Friday, I was lucky to be in her kitchen where I was blessed to be her assistant. I chopped and sliced and learned to prepare many of the salads I share with you. Here is Malka's great recipe for purple coleslaw... a crowd favorite!

## Purple Cabbage Coleslaw



### Ingredients

- 1 small purple cabbage shredded
- 1 green apple shredded
- ½ carrot shredded
- 1 tablespoon unroasted sunflower seeds
- 2 chopped scallions
- ¼ cup dried cranberries
- ½ a chopped red pepper
- ½ tablespoon sesame seeds

### Dressing

- ½ cup [Galilee Green Olive Oil](#)
- ½ cup lemon juice
- Dash of apple cider vinegar
- 2 teaspoons honey
- 1 teaspoon sea salt
- ¼ teaspoon black pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon mustard powder

### Directions

Shred and chop the vegetables and add dried cranberries, sesame seeds and dressing ingredients. Toss well and serve.



Corn is one of my favorite comfort foods and there are “corn on the cob” street vendors in Israel.

They stir a huge pot of boiling corn heated by a propane tank and offer the cobs to hungry passersby - especially the children.

These vendors have been a beloved fixture on the streets of Israel since before the State was born. Picking out the perfect cob is one of my first memories of visiting my grandparents in Haifa as a little girl.



## Galilee Green Corn Salad



### Ingredients

- 1 can of corn or equivalent home cooked kernels from the cob
- 1 chopped celery stalk
- ½ chopped small cucumber
- ½ chopped red pepper
- ½ chopped small purple onion
- 1 small bundle of chopped cilantro
- 2 tablespoons of [Galilee Green Olive Oil](#)
- juice from ½ a lemon
- 1 tablespoon of mayonnaise

### Directions

1. Put all the corn and chopped vegetables in a large mixing bowl
2. Add the oil, lemon juice and mayonnaise
3. Spice it up with salt, black pepper, dash of turmeric and hot pepper flakes to taste
4. Mix well and enjoy!

**This salad is both beautiful and tasty.** It mixes sweetness, freshness and a hit of hot. Serve it as an appetizer or as a side dish.



The Greeks have Ouzo, Italians Sambuca and in Israel we drink Arak. The liquor is quite smooth and has a distinctive licorice flavor made from fennel or anise.

Besides being a great tasting drink, fennel has many amazing health properties. This white bulb grown in the Galilee helps with digestive issues such as indigestion, flatulence, constipation and colic. Its essence is widely used as a natural breath freshener, toothpaste and antacid. Other benefits include being useful for heart health, anemia and eye care.



## Galilee Green Fennel Salad



### Ingredients

- 1 fennel bulb julienned
- 2 tablespoons fresh chopped dill
- 2 chopped scallions
- ¼ cup dried cranberries
- ½ a chopped red pepper
- 2 teaspoons sesame seeds
- ¼ cup [Galilee Green Olive Oil](#)
- ¼ cup freshly squeezed lemon juice
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- ¼ teaspoon ground garlic

### Directions

1. Cut and chop the vegetables and dill
2. Add the sesame seeds, dried cranberries and dressing ingredients and toss

This salad is a fresh delightful summer salad that pairs beautifully with fish and poultry.

## View of the Southern Golan Heights at the Jordanian Border





We love this bean salad and love the fact that it is made from scratch. The salad is high in slow digesting complex carbohydrates and is considered a full protein because of the combination of the beans and the corn.

It's a perfect food for those of you who are struggling with pre-diabetic issues. A small bowl goes along way keeping you feeling full and energised and it's really tasty.



# Galilee Green Bean Salad



## Ingredients

- ½ cup raw chickpeas
- ½ cup raw red kidney beans
- ½ cup raw white kidney beans
- ½ cup raw navy beans
- 1 can of corn
- ½ chopped purple onion
- ½ red pepper chopped

## Dressing

- ½ cup [Galilee Green Olive Oil](#)
- ½ cup lemon juice
- 1 teaspoon garlic
- ½ teaspoon salt
- 1 teaspoon dried oregano
- Pepper to taste

## Directions

1. Soak the raw beans in water for eight hours and add one tablespoon of white vinegar and cook beans for one hour or until they are soft
2. Rinse and add the dressing, the chopped vegetables and the can of corn. Enjoy!!



Here are some Israeli secrets to staying cool when the temperatures are reaching record highs.

Israelis use cooling cucumbers as a foundation for their salads. Parsley is the green of choice for [Tabouli](#). Dill pairs spectacularly with the world's tastiest cherry tomatoes. Fresh Mint (Nana) Tea is the national hot beverage of choice. Watermelon is abundant and bursting with sweet juice to keep you cool and of course everyone, please remember to drink plenty of water.



## Stay Cool Summer Salad



### Ingredients

- 2 small cucumbers finely chopped
- 10 cherry tomatoes cut in half
- 1 small purple onion finely chopped
- 2 hard-boiled eggs chopped
- ½ red pepper finely chopped
- 1 cup of coriander leaves chopped

### Dressing

- ¼ cup [Galilee Green Olive Oil](#)
- Juice from a whole lemon
- ¼ teaspoon garlic powder
- Less than a ¼ teaspoon black pepper
- ½ teaspoon salt
- ¼ teaspoon hot pepper flakes

### Directions

1. Mix the chopped vegetables and add the dressing
2. Stay cool and enjoy!



We should be calling this a “Mediterranean Salad with Goat Cheese.”

Since 2002, only cheeses produced in a traditional way in particular areas of Greece can be called “feta”. However, similar white-brined cheeses are found in the Eastern Mediterranean and around the Black Sea.

Israel is internationally known for our yummy dairy products especially our “feta” cheese. You can pick them up in our local supermarkets and some products even internationally.



## Galilee Green Greek Salad



### Ingredients

- 2 tomatoes
- 2 cucumbers
- 1 shredded carrot
- 1 small purple onion
- 1 red pepper
- 10 romaine lettuce leaves
- ¼ cup sunflower seeds
- ½ cup feta cheese

### Dressing

- ½ cup [Galilee Green Olive Oil](#)
- ½ cup Balsamic Vinegar
- 2 teaspoons of Dijon mustard
- ½ teaspoon salt
- 1 clove garlic
- ½ teaspoon dried oregano
- 1 teaspoon maple syrup
- 1 teaspoon soy sauce

### Directions

1. Shred and chop the vegetables and layer them in the following order: lettuce, cucumbers, tomatoes, pepper, onion, shredded carrots, sunflower seeds
2. Top vegetables with feta cheese
3. Mix dressing, drizzle over the salad and toss

## Nimrod's Fortress on the Golan Heights - Upper Galilee in the Distance





**Great for Low Carb Diets - Delicious, fresh and full of rich flavor**

We are often asked for recipes for special diets. You can't get much healthier than this yummy salad. Hat tip again to Chana's sister Shelley Dunn for providing us with this great option.

This salad stores well refrigerated for up to two days. Prep time is 20 minutes. Serves 6



## Grain Free Caesar "Pasta" Salad



### Ingredients

#### "Pasta"

- 2 zucchini washed, unpeeled
- 1 kohlrabi, washed and peeled
- 2 carrots, peeled
- 2 cucumbers, washed, unpeeled

#### Dressing

- 1 cup raw cashews, soaked for at least 30 minutes and drained
- 2 large cloves garlic
- 2 tablespoons fresh lemon juice
- 1 teaspoon Dijon mustard
- salt and pepper, to taste
- ¼ cup lemon juice
- ¼ cup [Galilee Green olive oil](#)

### Directions

1. Using a Spiralizer, noodlize your veggies, and set aside in a bowl
2. To make the dressing, chop garlic in the blender first, then add remaining ingredients. Process until smooth and creamy
3. Pour dressing over "noodles" and refrigerate for at least 1 hour to allow noodles to marinate



This salad is so yummy and so so healthy!!

There are anti-inflammatory properties in the kale and the lemon juice. Mango is a great source of Vitamin A for your eyesight.

Sunflower seeds provide calcium, vitamin E and more. Red peppers and purple onions have vitamin C and antioxidants. Raisins are a great source of vitamin B and Iron for your digestion and blood.

And Galilee Green Extra Virgin Olive Oil has [loads of health benefits!](#)



## Kale Salad with Fruit and Nuts



### Ingredients

- 8 baby kale leaves
- 1 ripe mango
- 1/2 purple onion
- 1 small red pepper chopped
- 2 tablespoons of raisins
- 2 tablespoons roasted shelled sunflower seeds
- 2 tablespoons of [Galilee Green Olive Oil](#)
- 3/4 teaspoon sea salt
- 1/4 cup lemon juice
- 1 teaspoon honey optional
- 1/2 teaspoon hot pepper flakes

### Directions

1. Remove kale leaves from stems and chop kale into bite size pieces
2. Massage kale with [Galilee Green Olive Oil](#) and salt – watch Nili show you how in [this video](#).
3. Add remaining ingredients and mix well
4. Stays fresh for a few days



Quinoa is a “new world grain” that is grown at high-altitudes in the Andean mountain regions in South America.

It is not one of the species of grain identified by the Torah and Sages of the Talmud that could be turned into “*chametz*”- leavened bread products (wheat, barley, spelt, rye and oats). It was also not included in the category of *kitniyot* (legumes) that were forbidden in the Ashkenazi communities. Therefore, many people use this salad during Passover.



## Galilee Green Quinoa Salad



### Ingredients

- 250 ml quinoa rinsed
- 500 ml of water
- 1 carrot chopped
- 1 celery stalk chopped
- ½ red pepper chopped
- 2 scallions or ½ purple onion finely chopped
- 125 ml of: raisins, chopped apricots, dates, cranberries
- 85 ml of: various nuts – pine, walnut, sunflower or pumpkin seeds
- **Dressing:** balsamic vinegar, [Galilee Green Olive Oil](#), salt, pepper, garlic to taste

### Directions

1. Cook quinoa - boil it up and then simmer for 15 minutes until water has been used up, like you would cook rice
2. Add the chopped ingredients
3. Dress the salad and Enjoy!

## Hula Valley Nature Reserve - Upper Galilee Mountains in the Distance





Did you know we have cowboys in Israel? There's nothing particularly Israeli about this salad other than it uses [Galilee Green Olive Oil](#). The recipe comes from Galilee Green Family member Trisha Clover from Vancouver WA. We love it when you share recipes with us!

Black beans and corn were staples in Texas and popular fair with cowboys in America. By the way, did you know we have cowboys in Israel? You can find them in the Jezreel Valley, the Galilee and the Golan Heights.



## "Israeli" Cowboy Salad



### Ingredients

- 2 cans black beans
- 1 can corn (or fresh) after cooked
- 1 large handful Cilantro
- 5 green onions
- 3 medium tomatoes
- 1 tablespoon [Galilee Green Olive Oil](#)
- 2 tablespoon fresh lime juice
- salt/pepper to taste

### Directions

1. Drain and rinse beans
2. Chop cilantro, green onions, and tomatoes
3. Toss all together and serve

You can also use chopped Bell Pepper, Avocado, or anything else. And after you make it once, you many want to add a little more cilantro, olive oil, and lime juice like Trisha did at times.

Try it the original way first!



The first moments Arnie and I met Chana and Shmuel in Yavne'el, we became instant friends.

They showed us the town, our future home and made us feel so welcome.

Who would have thought five years later that we'd found Galilee Green together?

Here is what Chana prepared for our first lunch in our soon to be new home. She used regular olive oil back then, it's SOOO much better with [Galilee Green!](#)



## Spicy Tuna Salad Supreme



### Ingredients

- 7 ounce can of tuna
- ¼ chopped purple onions
- 2 Israeli pickles chopped
- 6 cherry tomatoes cut in quarters
- ¼ cup feta cheese crumbled
- ¼ cup lemon juice
- 2 tablespoons [Galilee Green Olive Oil](#)
- ¼ teaspoon garlic powder
- ¼ teaspoon black pepper
- ¼ teaspoon curry powder
- 2 rice cake crackers on the side
- Optional – ¼ cup crushed walnuts, ¼ cup chopped celery

### Directions

1. Mix everything together, but the feta cheese and rice crackers
2. Top with Feta Cheese
3. Plate with rice crackers on the side

What a perfect lunch that was!

# Use only Galilee Green Olive Oil To bring out the best in your salads!

## Enjoy our Boutique Olive Oil

Our Galilee Green Extra Virgin Olive Oil is among the finest you can find anywhere in the world. The olives are lovingly harvested from Olive Groves in Northern Israel.

It's a mild blend of Barnea, Coratina and Koroneiki varieties. It's very smooth and mild when you taste it with just a bit of a tang a few seconds later. You'll love its delicate fragrance.



### You can trust

you'll be getting 100% pure Olive Oil, and it is certified kosher under the supervision of Rabbi Shlomo Didi of local Kinneret-Emek HaYarden Rabbinic Council as well as Chatam Sofer of Bnei Brak

"I have never tasted olive oil so light and pure. I highly recommend this to anyone who likes olive oil... a connoisseurs' blend for certain!"

– Robin Joy, Toronto, ON – [view more reviews](#)

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Wishing you blessings of Shalom from Israel! **ברכות שלום מישראל**

