

Tomatoes, Red Onions, Zatar, Feta Cheese & Olive Oil appetizer

This is a popular Mediterranean/Lebanese appetizer dish. You can serve with warm or toasted pita or flat bread points or serve as a salad side dish.

This recipe is very flexible - increase, decrease, add, or omit ingredients and quantities according to your taste or those of your guests.

INGREDIENTS:

1 or 2 pint containers cherry tomatoes, washed
1 small purple/red onion, thinly sliced
1 - 3 tsp zatar seasoning
1 - 3 Tbsp crumbled feta cheese
salt & pepper to taste
olive oil
balsamic vinegar

DIRECTIONS:

1. Slice tomatoes in half and put in a mixing bowl.
2. Add onions, zatar, feta, salt & pepper and toss all ingredients gently. Adjust quantities as desired.
4. Transfer to serving dish - drizzle with olive oil and or balsamic vinegar.

TIPS:

You can add the olive oil and or balsamic vinegar and toss with the rest of the ingredients, if desired.

This dish does not keep well, so any left-overs should be quickly stored in an airtight container, refrigerated, and eaten by the end of the next day. If desired, you can chop up the leftovers and put them in an omelette – very tasty....at least I think so. ;-)

Zatar (pronounced zah-tah by the Lebanese) seasoning is finely chopped thyme with sesame seeds - it is widely used in Lebanese dishes. You can sometimes find the ground variety, but I always use the finely chopped. Sometimes it also contains a little bit of sumac. No, it won't make you itch.

You can get the zatar seasoning at almost any Mediterranean grocery/specialty store and in some general grocery stores in the spice sections of the international food aisles. In Oklahoma City, you can get it at Mediterranean Imports and Deli, 5620 N. May Ave., Oklahoma City 73112 405-810-9494. If headed north on May, it's on the east side of the street shortly after you pass over the Northwest Expressway overpass. As soon as you come over the overpass, make an immediate right on NW 56th St. as you cannot make a right turn at the light - the corner is too sharp. If headed south on May, get in the left hand lane after you pass through the light that is just past the Barnes & Noble store as you will want to make a left hand turn at the next light which will be United Founders Blvd/NW 56th St.

You can also find these items at Sweis Pita Bakery at 2115 N May Ave.

If you don't like zatar, you can use any seasoning mix you wish. For additional spices, try <http://www.penzeys.com>. They have some of the best spices around and many mixes come without added salt. Prices are reasonable, customer reps are very helpful and they ship quickly. I get all my spices exclusively from them.