

Hindbeh Bezzayt – Dandelion in Olive Oil



Best when young and tender, dandelion greens make a great healthy, and nutritious spring salad. Besides its crazy detoxifying properties in cleansing the liver and promoting digestion, this nutty, flavourful green is a delight for vegans, vegetarians, and non-vegetarians.

Ingredients:

- 1 bunch dandelion
- ½ teaspoon on salt
- ½ teaspoon of sumac
(available in Arab stores)
- ½ lemon
- 1/4 cup of [Nabali olive oil](#)

Recipe:

Wash dandelion, and cut the end of stems out, then cut the leaves about 2 – inches in length

Steam the dandelion leaves over a steam pot, for about 15 minutes, and while they're steaming, cut onions in very thin rings and sauté in olive oil, stirring every now and then until golden

Take out the dandelion from the steam pot, and then sauté in olive oil for about 8 minutes, add sault, and a pinch of sumac (if available)

Spread dish out on a platter, squeeze half a lemon, and add caramelized onions on top

****Recommended to be eaten with green onions on the side & pita bread**

Enjoy and “Sahha w Afyeh” – Bon Appetit!