

## Cherry Tomato Salad with Baharat Spice Mix



Tomatoes don't always get the best treatment. They're usually thrown on top of a salad as an afterthought, but they have a flavor that, if treated correctly, can be the perfect foundation for a veggie-based dish.

In this salad, I've chosen to use some ethnic spices that will give you a much different flavor profile than the typical salt and pepper and garlic flavor of most veggie salads. In fact, this dish uses Baharat, a middle eastern spice mix that is extremely versatile and can be used as a spice rub and seasoning for other salads and things such as stir fry.

The wonderful thing about spice mixes is that they're actually a very big part of a healthy diet. Spices are full of anti-inflammatory properties, antioxidants, anti-fungal and anti-bacterial components, and vitamins and minerals. Many spices even boast cancer-fighting abilities!

### Cherry Tomato Salad with Radishes and Baharat Spice Mix

#### Baharat Spice Mix:

2 T smoked paprika  
2 T ground cumin  
2 tsp. ground coriander  
1 tsp. black pepper  
½ tsp. nutmeg  
1 tsp. cinnamon  
¼ tsp. cardamom  
¼ tsp. cloves

#### Salad:

2 C cherry tomatoes (crushed or sliced in half)  
3 radishes thinly sliced  
1 T olive oil  
1 tsp red wine vinegar  
salt to taste  
a generous sprinkling of Baharat

Mix everything together. Let it marinate in a fridge or at room temperature for an hour or two and serve.

#### what's healing about this recipe:

Spices are particularly good at reducing inflammation, which is the cause of many diseases including some cancers, heart disease and arthritis. Many alternative health professionals recommend using spices abundantly, for this reason. Many spices also fight oxidative stress in the body which can cause fatigue, memory loss, and muscle pain.

*Happy spicing! xo, Melissa Chappell*

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