

Simple Persian Salad

Makes 4 servings; 1 cup per serving
Per serving: 88 Calories; 0.5 g Saturated Fat; 86 mg Sodium

Ingredients



2 medium cucumbers



4 medium tomatoes



1 medium red onion



1/4 cup fresh parsley or mint, OR
1 tablespoon dried parsley or mint



Fat-free feta cheese



Juice from 2 fresh limes



1 tablespoon extra-virgin olive oil



1/2 teaspoon black pepper

Tools Needed



Measuring cups & spoons



Spoon



Whisk



Knife



Plastic Wrap



2 Bowls



Cutting board



Refrigerator

Directions

1

Using the cutting board and a knife, seed and dice the cucumbers, and dice the tomatoes and onion.



2

Chop $\frac{1}{4}$ cup of fresh mint OR parsley.



$\frac{1}{4}$ cup

3

In a large bowl, stir together cucumbers, tomatoes, onion, mint, and 2 tablespoons of crumbled feta cheese.



4

Cover mixture in the large bowl with plastic wrap and refrigerate for 20 minutes.



5

Cut both limes in half and squeeze all the juice into a glass, careful to keep the seeds out.



6

In a small bowl, whisk together the lime juice, 1 tablespoon olive oil and ½ teaspoon pepper until well blended.



7

Pour the dressing over the cucumber mixture, tossing to coat. Serve immediately.



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