

Simple Persian Salad

Ingredients

- 2 medium cucumbers, unpeeled, seeded and diced
- 4 medium tomatoes, seeded and diced
- 1 medium red onion, diced
- 2 tablespoons fat-free feta cheese, crumbled
- 1/4 cup chopped fresh mint or parsley
OR 1 tablespoon plus 1 teaspoon dried mint or parsley, crumbled
- Juice of 2 medium limes
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon pepper



Directions

1. In a small bowl, stir together the cucumber, tomatoes, onion, feta and mint. Refrigerate, covered, for 20 minutes.
2. In a small bowl, whisk together the lime juice, oil and pepper.
3. Pour over the cucumber mixture, tossing to coat.

Brought to you by: **hally**[®] Brought to you by Health Alliance™

