



israeli salad

Servings
8 servings

Prep Time
5 minutes

Cook Time
10 minutes

Kosher Key
Parve, Kosher for
Passover

Description

This salad recipe from Israel is versatile and tasty. Persian cucumbers, tomatoes, parsley, olive oil, lemon juice, onion. Vegan, kosher, pareve

Ingredients

- 1 lb Persian cucumbers, diced
- 1 lb fresh ripe tomatoes, seeded and diced
- 1/3 cup minced onion (optional)
- 1/2 cup minced fresh parsley
- 3 tbsp extra virgin olive oil
- 3 tbsp fresh lemon juice
- Salt to taste (I use about 1/2 tsp)

Instructions

1. Here is the way I like to dice the Persian cucumbers-- it produces small, even, triangular pieces. Slice the Persian cucumber in half lengthwise.
2. Slice each half into 4 slices lengthwise, so you have 8 long, thin pieces total.
3. Hold the long, thin pieces together with one hand, and slice the bunch into very small pieces with the other hand.
4. Place the diced cucumbers into a large mixing bowl along with all the other ingredients.
5. Mix till vegetables are well coated with parsley, oil, lemon juice, and salt.
6. Best served fresh at room temperature. You can also serve chilled for a more refreshing salad.

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Calories 70	Calories from Fat 45
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* Percent Daily Values are based on a 2000 calorie diet.