



hally®

Let's cook something delish!

Simple Persian Salad

Ingredients

4 servings

- 2 medium cucumbers, unpeeled, seeded and diced
- 4 medium tomatoes, seeded and diced
- 1 medium red onion, diced
- 2 Tbsp fat-free feta cheese, crumbled
- ¼ cup chopped fresh mint or parsley
OR 1 Tbsp plus 1 tsp dried mint or parsley, crumbled
- Juice of 2 medium limes
- 1 Tbsp extra-virgin olive oil
- ½ tsp pepper

Let's cook
something
delish!



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.

Find more delicious recipes at hally.com/category/food-cooking. Yum!

Nutrition facts: Calories: 88, Total fat: 4 g, Saturated fat: 1 g, Cholesterol: 0 mg, Sodium: 86 mg, Total Carbohydrate: 13 g, Fiber: 3 g, Total Sugars: 7 g, Protein: 3 g | American Heart Association®

Photo may include foods and ingredients that aren't a part of this recipe or included in the nutrition analysis.