

ISRAELI SALAD

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

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| Prep Time 5 mins |
| Cook Time 10 mins |
| Total Time 15 mins |

Course: Salad Cuisine: Middle Eastern Keyword: salad recipe

Kosher Key: Parve, Kosher for Passover Servings: 8 servings Calories: 70kcal

INGREDIENTS

- 1 pound Persian cucumbers, diced
- 1 pound fresh ripe tomatoes, seeded and diced
- 1/3 cup minced onion (optional)
- 1/2 cup minced fresh parsley
- 3 tablespoons extra virgin olive oil
- 3 tablespoons 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. Note: Persian cucumbers have lots of little seeds, which add to their flavor. If you have trouble digesting seeds, you can seed the cucumber easily by slicing it in half lengthwise and scooping out the seed-filled center.
4. Place the diced cucumbers into a large mixing bowl along with all the other ingredients.
5. Mix until 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.