



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Israeli Salad

Ingredients:

- 1 pound small cucumbers
- 1 pound fresh, ripe tomatoes
- 1/3 cup minced red onion
- 1/2 cup minced fresh parsley
- 2 tablespoons extra virgin olive oil
- 3 tablespoons lemon juice
- Salt and pepper to taste

Directions:

1. Dice the cucumbers and tomatoes into equal-sized pieces.
2. Add them to a large bowl, along with the red onion and parsley.
3. Drizzle with olive oil and lemon juice, toss, and season to taste with salt and pepper (roughly 1/2 teaspoon and 1/4 teaspoon, respectively).

Serves 8

50 calories, 3.5 g fat, 0.5 g saturated fat,

6 g carbohydrate, 1 g fiber, 1 g protein,

150 mg sodium

Source: Oldways

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