



*Simple,
Seasonal,
Sustainable*

Recipe of the Week
Simple Persian Salad

Ingredients:

- 2 cucumbers (seeded, diced)
- 4 medium tomatoes (diced)
- 1 medium red onion (diced)
- 2 Tbsp. fat-free feta cheese (crumbled)
- 1/4 cup chopped, fresh mint or parsley
- 2 limes (juiced)
- 1 Tbsp. extra virgin olive oil
- 1/2 tsp. black pepper

Directions:

1. Mix cucumber, tomatoes, onion, feta and herbs in a bowl and refrigerate for 20 minutes.
2. In a small bowl, combine lime juice, oil and pepper — whisk well.
3. Pour over vegetable mixture and serve.

Serves 4

88 calories, 4 g fat, 0.5 g saturated fat,
13 g carbohydrate, 3 g fiber, 3 g protein,
86 mg sodium

Source: American Heart Association

