



# ISRAELI SALAD

In Israel, no meal is complete without 'salatim' or a small salad. This quick, easy, vegan, and gluten-free salad is the perfect light and nutritious side dish to any meal or barbecue.

## Nutritional Information

Calories: 210

Fat: 18g

Carbs: 10g

Protein: 1g

Fiber: 1g

## Ingredients

4 cucumbers, diced

4 tomatoes, diced

½ red onion, diced

1 garlic clove, minced

⅓ cup fresh parsley, chopped

⅓ cup olive oil

1 ½ tbsp lemon juice

Salt and pepper, to taste

1 green bell pepper, diced (optional)

⅓ cup fresh mint, chopped (optional)

**Servings:** 4 | **Total time:** 10 minutes

## Directions

In a large bowl, combine cucumbers, tomatoes, onion, garlic, and parsley (as well as the optional bell pepper and mint). Next, make the dressing. In a separate bowl, whisk the olive oil, lemon juice, salt, and pepper. When ready to serve, toss the salad with dressing.