Simple Persian Salad
Makes 4 servings; 1 cup per serving
Per serving: 88 Calories; 0.5 g Saturated Fat; 86 mg Sodium

Ingredients
- 2 medium cucumbers
- 4 medium tomatoes
- 1 medium red onion
- 1/4 cup fresh parsley or mint, OR 1 tablespoon dried parsley or mint
- Fat-free feta cheese
- Juice from 2 fresh limes
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon black pepper

Tools Needed
- Measuring cups & spoons
- Spoon
- Whisk
- Knife
- Plastic Wrap
- 2 Bowls
- Cutting board
- Refrigerator
Directions

1. Using the cutting board and a knife, seed and dice the cucumbers, and dice the tomatoes and onion.

2. Chop ¼ cup of fresh mint OR parsley.

3. In a large bowl, stir together cucumbers, tomatoes, onion, mint, and 2 tablespoons of crumbled feta cheese.

4. Cover mixture in the large bowl with plastic wrap and refrigerate for 20 minutes.
5 Cut both limes in half and squeeze all the juice into a glass, careful to keep the seeds out.

6 In a small bowl, whisk together the lime juice, 1 tablespoon olive oil and ½ teaspoon pepper until well blended.

7 Pour the dressing over the cucumber mixture, tossing to coat. Serve immediately.