



Persian Cucumber & Tomato Salad

Servings - 8

Prep + Cook Time - 35 min

Equipment Needed

Knife, cutting board, oven, baking sheet

INGREDIENTS

- 3 cups diced unpeeled small cucumbers, preferably Persian
- 1 1/2 cups assorted cherry tomatoes, halved or quartered
- 1/4 cup finely chopped white onion
- 3 tablespoons coarsely chopped fresh parsley
- 1 tablespoon coarsely chopped fresh mint (you can add dry basil or dry oregano for a different flavor if mint not available)
- 1 teaspoons lemon zest
- 1 tablespoon lemon juice
- 1 teaspoon Kosher salt (you can do salt/pepper if you do not have Kosher)
- 2 tablespoons olive oil (or 1 teaspoon vegetable)

INSTRUCTIONS

- Combine cucumbers, tomatoes, onion, parsley, and mint lemon zest in a medium bowl. Let stand for 20 minutes room temperature for flavors to meld. Chill for 20–30 minutes
- Add oil and toss to coat. Season to taste.
- Serve chilled. Enjoy!

NUTRITIONAL INFORMATION

Health Benefits:

Tomatoes and cucumbers contain ligands that are known to reduce the risk of several cancer types. They are also rich in vitamin C and potassium.

Cucumbers promote joint health and are a good source of silica, which is known to promote and strengthen the connective tissue.

RECIPE SOURCE

<http://www.eatwell.com/>