

# ISRAELI SALAD



## QUICK

5 mins prep

## HEALTHY

Raw tomatoes provide Vitamin C, which can be destroyed by cooking so here the vitamin is preserved.

## FAMILY

Feeds 5 as a side dish

## MEALS

This salad goes well with Mediterranean and Middle Eastern dishes

## INGREDIENTS

- 3 tomatoes
- ½ cucumber
- Juice of ½ lemon
- Large pinch salt
  
- Optional
- ½ small red onion
- Small handful parsley
- 1 pickled cucumber
- 20 ml olive oil

## METHOD

- 1) Finely dice the cucumber and tomatoes
- 2) Mix in a bowl
- 3) Squeeze over the lemon juice
- 4) Add salt
- 5) Taste – add more lemon juice/salt to taste

Optional ingredients (except the oil) can also be finely diced and added to taste



@quickhealthyfamilymeals

To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)