

Israeli Salad

INGREDIENTS

1 cup chopped unpeeled cucumber

1 cup chopped tomato

½ cup chopped red bell pepper

1 tbsp chopped fresh cilantro

1 tbsp chopped fresh Italian flat-leaf parsley

2 tbsp freshly squeezed lemon juice with zest

½ tsp minced jalapeño pepper (optional)

1. Combine the cucumber, tomato, bell pepper, cilantro and parsley in a medium bowl.
2. Pour the lemon juice and zest over top, and add jalapeño and pepper (if using). Toss to combine and serve immediately. It will keep in an airtight container stored in the refrigerator for up to 2 days, but fresh is best, as it loses its crispness rapidly.

Yields 1-4 servings

Source: Reprinted with permission from *The Vegiterranean Diet* by Julieanna Hever (Da Capo)