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## **CREAMY ISRAELI SALAD**

Basic Lifestyle

### **Ingredients**

1 small tomato  
2 medium cucumbers  
½ small red pepper, seeded  
1 TSP olive or canola oil  
light mayonnaise  
a few drops of lemon juice (optional)  
Morton's Lite salt and pepper to taste

### **Instructions**

1. Dice vegetables into tiny cubes and mix.
2. Season with salt, pepper, olive oil and lemon juice.
3. Add 1 TBS of light mayonnaise to 2 cups of Israeli salad.

**Portion-Per-Serving Information:** (Yields 2 servings)

Serving = 1-½ cups = 1-1/2 V, ½ FT