



## ISRAELI SALAD W/PICKLES & MINT

Final Lifestyle

### INGREDIENTS

- 2 lbs Persian or English cucumbers, peeled and diced
- 2 lbs ripe tomatoes, seeded and diced
- 3 large dill pickles, diced
- 1 bunch chopped fresh mint
- 2 TBS extra virgin olive oil
- 2 fresh lemons, juiced (or more to taste)
- 1/2 TSP salt (or more to taste)
- 1 cup mixed spring greens (optional)

### INSTRUCTIONS

—Combine cucumbers, tomatoes, dill pickles and mint in a salad bowl.

—In a small bowl, whisk together olive oil, lemon juice and salt. Pour over the salad mixture. Toss vegetables to coat.

—Taste the salad. Add additional lemon juice and no more than another 1/2 TSP salt to taste, if desired. Toss again before serving. Make a bed of spring greens (optional) and mound the salad on top. Serve.

**SERVING INFO: (Yields 4 servings)** 1 cup = 1 V, 1/2 FT

See photo of recipe at [Instagram](#) and [Facebook](#).

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This salad created by Tori Avey.  
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