



ISRAELI SALAD WITH PICKLES AND 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 (use Morton's Lite Sodium)
- Optional: 1 cup mixed spring greens

Instructions

1. Combine cucumbers, tomatoes, dill pickles and mint in a salad bowl.
2. In a small bowl, whisk together olive oil, lemon juice and salt. Pour over the salad mixture. Toss vegetables to coat.
3. Taste the salad. Add additional salt and/or lemon juice to taste, if desired. Toss again before serving. Make a bed of spring greens (optional) and mound the salad on top. Serve.

Portion-Per-Serving Information (Yields 4 servings)

Serving = 1 cup = 1 V