





Simple Persian Salad Makes 4 servings; 1 cup per serving

Per serving: 88 Calories; 0.5 g Saturated Fat; 86 mg Sodium

Ingredients



2 medium cucumbers



4 medium tomatoes



1 medium red onion



1/4 cup fresh parsley or mint, OR 1 tablespoon dried parsley or mint



Fat-free feta cheese



Juice from 2 fresh limes



1 tablespoon extra-virgin olive oil



½ teaspoon black pepper

Tools Needed



Measuring cups & spoons



Spoon



Whisk



Knife



Plastic Wrap



2 Bowls



Cutting board



Refrigerator

Directions



Using the cutting board and a knife, seed and dice the cucumbers, and dice the tomatoes and onion.



2

Chop ¼ cup of fresh mint OR parsley.





3

In a large bowl, stir together cucumbers, tomatoes, onion, mint, and 2 tablespoons of crumbled feta cheese.



4

Cover mixture in the large bowl with plastic wrap and refrigerate for 20 minutes.



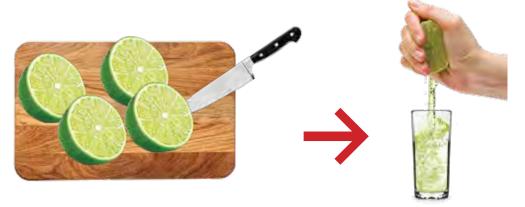








Cut both limes in half and squeeze all the juice into a glass, careful to keep the seeds out.





In a small bowl, whisk together the lime juice, 1 tablespoon olive oil and ½ teaspoon pepper until well blended.





Pour the dressing over the cucumber mixture, tossing to coat. Serve immediately.



Created by the Kentucky Inclusive Health Collaborative at the University of Kentucky Human Development Institute in collaboration with Aramark and the American Heart Association as part of the Healthy for Life® Initiative.

This publication was supported by the Grant or Cooperative Agreement Number, DD000010, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.