

Zalata (Middle Eastern Salad)

8 servings

Zalata, meaning salad in Assyrian, is a Middle Eastern salad that is typically made with Persian cucumbers, white onion, and fresh herbs. The salad is served as an appetizer or a side dish.

- 2 medium tomatoes, gently rubbed under running water, chopped
- 3-5 Persian cucumbers OR 1 large cucumber, scrubbed with clean vegetable brush under running water, chopped
- ½ onion, scrubbed with clean vegetable brush under running water, chopped
- 2 Tablespoons fresh parsley, gently rubbed under running water, finely chopped
- 2 Tablespoons fresh mint, gently rubbed under running water, finely chopped
- 1 garlic clove, minced
- ⅓ cup fresh lemon juice (1-2 lemons)
- ½ teaspoon salt (optional)



Directions:

1. Wash hands with soap and water.
2. In a large bowl, combine tomatoes, cucumber, onion, parsley, and mint.
3. In a separate small bowl, combine garlic, lemon juice, and salt (if desired).
4. Pour lemon juice mixture over vegetables. Mix well.
5. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving (½ cup): Calories 15, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 0mg, Total Carbohydrates 4g, Fiber 1g, Total Sugars 2g, includes 0g Added Sugars, Protein 1g, Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 2%.