



Israeli Salad

Serves 4

By Chef Melinda McNeil

Ingredients

3 medium tomatoes
3 Persian cucumbers
½ bell pepper
¼ small red onion
dill, parsley or cilantro (optional)
juice of half a lemon
2 T olive oil
salt and pepper to taste

Directions

Remove seeds from tomatoes and dice flesh very small, ¼" - ½".

Dice cucumber and pepper the same size.

Mince red onion and finely chop herbs, if adding.

When ready to serve, dress vegetables with lemon juice and olive oil, and season to taste with salt and pepper.