

Mediterranean Salad

Ingredients

- 4 medium sized tomatoes (Roma or on the vine), diced
- 1 cucumber, diced
- 1/2 cup parsley, chopped
- 1 lemon
- 2 tbsp olive oil
- Salt and pepper, to taste

Nutrition Tip: Add a whole grain, like pita, and protein, like hummus, to your salad for a balanced meal.



Directions

Wash all ingredients.

Cut tomato and cucumber into medium-sized cubes.

Finely chop parsley, removing thick stems.

Mix vegetables together in a large bowl.

Add olive oil and lemon juice, removing the seeds.

Add salt and pepper to your liking.

Toss until ingredients are evenly mixed.

Recipe adapted from

<https://www.themediterraneandish.com/3-ingredient-mediterranean-salad/>

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