



Egyptian Salad

3 servings

15 minutes

Ingredients

- 1/2 Cucumber (large, diced)
- 1 Tomato (large, diced)
- 1/2 cup Red Onion (small, diced)
- 1 Red Bell Pepper (medium, diced)
- 1/4 cup Parsley (finely chopped)
- 2 tbsps Extra Virgin Olive Oil
- 1/4 cup Lemon Juice
- 1/4 tsp Sea Salt
- 1/4 tsp Ground Sumac
- 1/8 tsp Cumin

Directions

- 1 In a large bowl, add the cucumber, tomato, onion, bell pepper, and parsley. Toss to combine.
- 2 In a small bowl, combine the olive oil, lemon juice, sea salt, sumac and cumin. Mix well.
- 3 Pour the dressing on top of the salad and toss again. Taste and add more seasoning if desired.
- 4 Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately one cup.