

Israeli Salad

Simple but packed with flavor, Israeli salad is a standard accompaniment to most Israeli meals, even breakfast!

Servings: 6 to 8
Prep Time: 20 Minutes
Total Time: 20 Minutes



INGREDIENTS

- 2 English (or hothouse) cucumbers, seeded and diced (no need to peel)
- 1 (10.5 oz) pint grape tomatoes, halved
- 4 thinly sliced scallions, white and green parts (about 1/2 cup)
- 1/4 cup chopped fresh Italian parsley
- 1/4 cup chopped fresh mint
- 1/2 teaspoon dried oregano
- 4 tablespoons extra-virgin olive oil
- 1-1/2 tablespoons lemon juice, from 1 lemon
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 6 oz feta cheese, diced (about 1 cup)

INSTRUCTIONS

1. In a large bowl, combine all of the ingredients except the feta cheese; toss well. Add the feta and gently mix to combine. Taste and adjust seasoning with more salt, pepper, and lemon juice, if necessary. Transfer to a platter and serve.
2. **Make-Ahead Instructions:** The salad can be prepared up to point of adding the feta up to three hours ahead of time. Store the salad in a covered container in the refrigerator. Before serving, toss in the feta, then taste and adjust seasoning, if necessary.

NUTRITION INFORMATION - Per serving (8 servings)

- Calories: 139
- Fat: 11 g
- Saturated fat: 4 g
- Carbohydrates: 6 g
- Sugar: 4 g
- Fiber: 1 g
- Protein: 4 g
- Sodium: 347 mg
- Cholesterol: 19 mg

<https://www.onceuponachef.com/recipes/israeli-salad-with-feta.html#tabbox>