



## Chopped Salad Israeli Style

### Ingredients:

6 plum tomatoes, diced  
2 cucumbers, peeled and diced  
2/3 small red or yellow bell pepper, diced  
1/3 cup red onion, diced  
1/2 cup fresh parsley, chopped  
1/4 cup fresh mint leaves, chopped  
2 tbsp. lemon juice  
2-3 tbsp. extra virgin olive oil  
Salt and pepper to taste

### Directions:

In a large bowl, toss together the tomatoes, cucumber, bell pepper and red onion.

Add the lemon juice, olive oil, parsley and mint leaves and mix thoroughly.

Season with salt and pepper.

Serve at room temperature.