

# Recipe for Middle Eastern Tomato Salad (Salad Shirazi)

Yield: 5 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-salad-dressing-recipe>

## Ingredients:

- 1 cup cucumber finely diced, remove seeds if they are large
- 1 cup diced tomatoes finely
- 1 cup diced onions finely, I used sweet Vidalia onion
- 1 cup chopped parsley finely, or a little less, to taste
- 1 cup mint finely chopped, or a little less, to taste
- 2 1/2 tablespoons olive oil or more to taste
- 1 1/2 tablespoons fresh lemon juice or more to taste
- salt pepper to taste
- pepper salt, to taste

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 8 grams
3. Fat: 7 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. SaturatedFat: 1 grams
7. Sodium: 170 milligrams
8. Sugar: 3 grams

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