

# Turkish Chopped Salad

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-chopped-salad-recipe>

## Ingredients:

- 2 tomatoes seeded & diced
- 1/2 cucumber peeled, seeded & diced
- 1/4 red onion medium sized - diced
- 1/2 red pepper seeded & diced
- 1/3 green pepper seeded & diced
- 2 tablespoons parsley chopped
- 2 tablespoons cilantro chopped
- 1 tablespoon lemon juice
- 1 tablespoon extra virgin olive oil
- pepper
- salt
- 3 tablespoons Greek yoghurt plain
- 4 tablespoons milk
- 1 garlic clove minced
- aleppo pepper or Sumac, optional
- extra virgin olive oil optional

## Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 5 milligrams
4. Fat: 9 grams
5. Fiber: 2 grams
6. Protein: 3 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 220 milligrams
9. Sugar: 5 grams

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