Louisiana HARVEST of the MONTH

Israeli Pepper & Tomato Salad

Home Recipe

Serves: 6
Prep Time: 20 minutes
Cook Time: 1 hour

Ingredients

- 5 Roma tomatoes, seeded and chopped
- 1 each medium green, red and yellow peppers, diced
- 1 English cucumber, diced
- 1 medium carrot, diced
- 3 green onions, thinly sliced
- 1 jalapeno pepper, seeded and finely diced
- 2 Tbsp each minced fresh cilantro, parsley, dill and mint
- 1/3 cup lemon juice
- 2 Tbsp olive oil
- 3 garlic cloves, minced
- 1/2 tsp salt
- 1/4 tsp pepper

Cooking Instructions

1) In a large bowl, combine the tomatoes, peppers, cucumber, carrot, green onions, jalapeno, and herbs.
2) In a small bowl, whisk together the remaining ingredients. Pour over the tomato mixture; toss to coat evenly.
3) Cover and refrigerate for at least 1 hour before serving.

Nutrition Facts

6 Servings Per Container

Serving Size	**1 1/4 cup (229g)**
Amount Per Serving Calories	**90**
	% Daily Value *
Total Fat 5g	**7%**
Saturated Fat 0.5g	**4%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 210mg	**10%**
Total Carbohydrates 12g	**4%**
Dietary Fiber 3g	**9%**
Total Sugars 6g	
Includes 0g Added Sugars	**0%**
Protein 2g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 1.6mg	8%
Potassium 460mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Red Tomatoes, Cucumber, Bellpepper, Red Bell Pepper, Lemon Juice, Spring Onions, Carrots, Extra Virgin Olive Oil, Jalapeno, Garlic, Mint Leaves, Dill weed, Parsley, Salt, Coriander leaves, Black Pepper

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