Mediterranean Salad (Tomato, Cucumber and Onion)

This chopped, raw salad is quick to make and great as a side dish with almost anything. It's at home next to any protein. Try it on the side with scrambled eggs or beans and rice; the vivid colors and flavors perk up any plate.

**SALAD INGREDIENTS:**

- 6 small (or 3 large) cucumbers, diced
- 4 Roma (plum) tomatoes, seeded and diced
- 5 green onions, sliced
- 1 red bell pepper, seeded and diced
- 1 cup chopped fresh parsley (optional)
- 1/2 cup minced fresh mint leaves (optional)
- up to 1/3 cup chopped garlic

**DRESSING INGREDIENTS:**

- 1/2 cup olive oil
- 2 tablespoons fresh lemon juice
- Salt and pepper to taste

**DEFINITIONS:**

"seeded" = remove seeds and goop before chopping or slicing
"diced" = chop/cut up into small pieces
"minced" = chop/cut up into *really* small pieces

**DIRECTIONS:**

Toss the cucumbers, tomatoes, onions, bell pepper, garlic, parsley, and mint together in a bowl.

Drizzle the olive oil and lemon juice over the salad and toss to coat. Season with salt and pepper to serve.

**NOTE:** If you don’t have fresh herbs, you can use a much smaller quantity (like a tablespoon) of dried herbs mixed into the dressing; let it sit for a few minutes before you pour.