

# Middle Eastern Vegetable Salad



Yield: 4 to 6 servings

## Ingredients

- 10 scallions, white and green parts, thinly sliced
- 1 pound ripe tomatoes, seeded, cored, and 1/2-inch-diced
- 1 hothouse cucumber, halved lengthwise, seeded, and 1/2-inch-diced
- 1 can or jar (12 to 16 ounces) chickpeas, rinsed and drained
- 1/3 cup chopped fresh parsley
- 1/3 cup chopped fresh mint leaves
- 1/3 cup julienned fresh basil leaves
- 1/2 cup freshly squeezed lemon juice (4 lemons)
- 1 tablespoon minced garlic (3 cloves)
- Kosher salt and freshly ground black pepper
- 1/2 cup good olive oil
- 8 ounces good feta cheese, 1/2-inch-diced
- Toasted whole wheat pita bread, for serving

## Directions

Place the scallions, tomatoes, cucumber, chickpeas, parsley, mint, and basil in a large salad bowl and toss to combine.

In a small bowl or measuring cup, whisk together the lemon juice, garlic, 2 teaspoons salt, and 1 teaspoon pepper. Slowly whisk in the olive oil to make an emulsion. Pour the dressing over the salad, tossing gently to coat all the vegetables. Add the feta, sprinkle with salt and pepper, and toss gently. Serve the salad with the toasted pita bread.

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<https://www.foodnetwork.com/recipes/ina-garten/middle-eastern-vegetable-salad-recipe-192271>

Estimated nutrient analysis for 1 serving

Approximately 2 C of salad with 1 whole wheat pita bread

Dietary fiber: 8 g (30% of DV)

\*Target goals are based off a 2000 calorie diet

| <b>Nutrients</b>                                       | <b>Target</b>            | <b>Average Eaten</b> |
|--|--------------------------|----------------------|
| ☒ Total Calories                                       | 2000 Calories            | 491 Calories         |
| ☒ Protein (g) <sup>***</sup>                           | 46 g                     | 15 g                 |
| ☒ Protein (% Calories) <sup>***</sup>                  | 10 - 35% Calories        | 12% Calories         |
| ☒ Carbohydrate (g) <sup>***</sup>                      | 130 g                    | 42 g                 |
| ☒ Carbohydrate (% Calories) <sup>***</sup>             | 45 - 65% Calories        | 34% Calories         |
| ☒ Dietary Fiber  | 25 g                     | 8 g                  |
| ☒ Total Sugars   | No Daily Target or Limit | 6 g                  |
| ☒ Added Sugars   | < 50 g                   | 0 g                  |
| ☒ Total Fat  | 20 - 35% Calories        | 57% Calories         |
| ☒ Saturated Fat  | < 10% Calories           | 16% Calories         |
| ☒ Polyunsaturated Fat                                  | No Daily Target or Limit | 7% Calories          |
| ☒ Monounsaturated Fat                                  | No Daily Target or Limit | 31% Calories         |
| ☒ Linoleic Acid (g) <sup>***</sup>                     | 12 g                     | 3 g                  |
| ☒ Linoleic Acid (% Calories) <sup>***</sup>            | 5 - 10% Calories         | 6% Calories          |
| ☒ $\alpha$ -Linolenic Acid (% Calories) <sup>***</sup> | 0.6 - 1.2% Calories      | 0.6% Calories        |
| ☒ $\alpha$ -Linolenic Acid (g) <sup>***</sup>          | 1.1 g                    | 0.3 g                |
| ☒ Omega 3 - EPA  | No Daily Target or Limit | 0 mg                 |
| ☒ Omega 3 - DHA  | No Daily Target or Limit | 0 mg                 |
| ☒ Cholesterol  | < 300 mg                 | 33 mg                |
| <b>Minerals</b>  |                          |                      |
| ☒ Calcium  | 1000 mg                  | 253 mg               |
| ☒ Potassium  | 4700 mg                  | 460 mg               |
| ☒ Sodium   | < 2300 mg                | 661 mg               |

<https://www.supertracker.usda.gov/foodtracker.aspx>