EGYPTIAN · SIDE

Egyptian Cucumber Tomato Salad (Salata)

Salata

10 min · Serves 6 · 69 kcal a serve · Video 5:13 · The Mediterranean Dish

Vegan · Paleo · Gluten-free ingredients · No nuts listed

Under 5 g net carbs and 68 kcal a serve: tomato, cucumber and parsley dressed with olive oil, lemon and sumac. Nothing cooked and no sugar or dairy. For DASH, keep the salt to a pinch a serve.

Diet notes: Keto (4.7 g net carbs a serve); Low saturated fat (0.6 g, 8% of the energy); DASH-friendly with less salt: up to a pinch a serve.

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Ingredients 9 · SERVES 6

- [ ] 6 **Roma tomatoes**, diced (about 3 cups)
- [ ] 1 large English (hothouse) cucumber, diced
- [ ] ½ small **red onion**, thinly sliced (optional)
- [ ] ¾ bunch **parsley**, leaves and tender stems chopped (½–¾ cup)
- [ ] **kosher salt**, to taste
- [ ] ½ tsp **black pepper**
- [ ] 1 tsp **ground sumac**
- [ ] 2 tbsp extra **virgin olive oil**
- [ ] 2 tsp **fresh lemon juice**, plus more to taste

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Dice the tomatoes and put them in a large bowl. Use the best, ripest tomatoes you can find, since there's so little else in it. 0:41
2. Dice the cucumber; an English cucumber has thin, unwaxed skin so there's no need to peel it. 1:45
3. Thinly slice a little red onion (or shallot) if you like and add it. 2:20
4. Chop the parsley leaves and tender stems and scatter them over. 2:37
5. Season with salt, pepper and sumac, then add the lemon juice and about 2 tbsp olive oil and toss. Taste for more lemon. 3:04

> **Tip** Let it sit a few minutes: the juices that collect in the bottom, which Suzy's family calls salad whiskey, are the best part.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
69 kcal	1.4 g	6.4 g	1.7 g	4.8 g	400 mg
290 kJ	3% of a day	4.7 g net · 3.3 g sugars	6% of a day	0.6 g saturated	17% of a day
		2% of a day		6% of a day	

Energy from net carbs 28% · protein 8% · fat 64% — fits keto: 4.7 g net carbs, 64% of the energy from fat

High in (20%+ of a day) Vitamin K 102% · Vitamin C 24%

Recipe and video: The Mediterranean Dish on YouTube — youtube.com/watch?v=nhYfIZRbZek. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/tmd-egyptian-cucumber-tomato-salata