

## Persian Chopped Salad

(Makes 8 servings)

(V) – This recipe is a vegan option recipe!

*A full cup of coarsely chopped fresh mint leaves makes this a very refreshing salad when you are grilling meat, fish or poultry. We grow mint in a large pot to keep it under control since mint planted in the ground tends to take over the garden. Although there are more than 100 varieties of mint, spearmint is the best to grow for everyday cooking. The leaves can be roughly chopped and frozen during the cold months when the plant goes dormant until spring. Or you can keep a pot going on a windowsill year-round.*

### **Ingredients:**

- 4 medium tomatoes, finely chopped (about 1 ¼ pounds)
- 2 small cucumbers, peeled, seeded and finely chopped
- 1 medium onion, finely chopped
- One 15-ounce can chickpeas, rinsed and drained
- ¼ cup fresh lime juice
- 2 tablespoons extra virgin olive oil
- Kosher salt, optional
- Freshly ground pepper
- 1 cup coarsely chopped fresh mint
- Crisp lettuce leaves for lining the serving dish

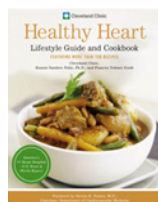
### **Directions:**

- 1) Combine the tomatoes, cucumbers, onion and chickpeas in a large bowl.
- 2) In a small measuring cup, whisk together the lime juice and oil. Pour over the vegetables and lightly toss.
- 3) Season to taste with salt, if using, and pepper. Toss with fresh mint.
- 4) Chill for one hour.
- 5) At least 30 minutes before serving, remove the salad from the refrigerator. Line a serving dish with lettuce leaves. Transfer the salad to the dish.
- 6) Serve at room temperature.

### **Nutritional Analysis:** (per serving)

- Calories: 130 (31% calories from fat)
- Total Fat: 4.5 g
- Saturated Fat: 0.5 g
- Protein: 4 g
- Carbohydrates: 20 g
- Dietary Fiber: 4 g
- Cholesterol: 0 mg
- Sodium: 170 mg
- Potassium: 408 mg

### **Source:**



*This heart-healthy recipe and more than 150 others are available from the nation's #1 heart center in the "Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook" (© 2007 Broadway Books).*

*The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com*