



## Lucy's Taubole Salad

*This recipe was adapted from John's mother, Lucy's recipe. She was of Lebanese descent and prepared this dish often. It's great as a summertime side dish or "snick snack" as Lucy would say!*

### **Ingredients:**

1 package *Near East* brand Taubole Wheat Salad Mix  
 ½ pint Grape Tomatoes, sliced in half  
 ½ medium Cucumber, peeled and chopped  
 ½ cup Black Olives, sliced  
 3 T Olive Oil  
 1.5 T Lemon Juice  
 2T fresh mint, finely chopped  
 ½ cup Crumbled Feta Cheese

### **Directions:**

Combine contents of *Near East* wheat mix and spice package in large bowl. Add 1 cup boiling water and stir. Cover and refrigerate for 30 minutes.

Stir in tomatoes, cucumber, olives, olive oil, lemon juice, mint and feta cheese. Refrigerate 1 to 2 hours prior to serving. **Makes 10 servings.**

### **Nutrition Facts Per Serving (2/3 cup):**

|          |      |               |        |              |       |
|----------|------|---------------|--------|--------------|-------|
| Calories | 115  | Saturated Fat | 1.5 gm | Carbohydrate | 13 gm |
| Fat      | 7 gm | Sodium        | 250 mg | Fiber        | 3 gm  |

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