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CREAMY ISRAELI SALAD

Basic Lifestyle

Ingredients

1 small tomato
2 medium cucumbers
½ small red pepper, seeded
1 TSP olive or canola oil
light mayonnaise
a few drops of lemon juice (optional)
Morton's Lite salt and pepper to taste

Instructions

1. Dice vegetables into tiny cubes and mix.
2. Season with salt, pepper, olive oil and lemon juice.
3. Add 1 TBS of light mayonnaise to 2 cups of Israeli salad.

Portion-Per-Serving Information: (Yields 2 servings)

Serving = 1-½ cups = 1-1/2 V, ½ FT