

## Simple Chopped Salad with Garam Masala and Herbs



*Garam masala is an Indian spice blend. Find it in spice aisles or at [penzeys.com](http://penzeys.com).*

START TO FINISH: 35 MINUTES

- 1 LARGE CUCUMBER, PEELED, SEEDED, AND FINELY CHOPPED (ABOUT 2 CUPS)
- 1 TSP. KOSHER SALT, DIVIDED
- 1/2 CUP EXTRA-VIRGIN OLIVE OIL
- JUICE OF 1 LEMON
- 1/2–3/4 TSP. GARAM MASALA
- 1/2 TSP. GROUND BLACK PEPPERCORNS
- 1/2 HEAD ROMAINE LETTUCE, CHOPPED OR TORN (ABOUT 8 CUPS)
- 8 RADISHES, CLEANED, TRIMMED, AND FINELY CHOPPED
- 3 MEDIUM TOMATOES, CORED AND FINELY CHOPPED
- 3 GREEN ONIONS, THINLY SLICED
- 3/4 CUP CHOPPED FRESH CILANTRO OR MINT
- FRESH LEMON WEDGES

Place cucumber in a colander; toss with 1/2 teaspoon of the salt. Let drain for 30 minutes. Rinse cucumber; drain well.

Whisk oil, lemon juice, remaining 1/2 teaspoon salt, garam masala, and ground peppercorns in a very large bowl. Add drained cucumbers, lettuce, radishes, tomatoes, green onions, and fresh herb. Toss to combine. Serve with lemon wedges. Makes 8 servings.

Per serving: 155 cal., 14 g total fat (2 g sat. fat), 0 mg chol., 256 mg sodium, 9 g carbo., 3 g dietary fiber, 2 g protein.