

Somali Summer Salad

Makes: 8 Servings

Ingredients

3 tablespoons olive oil
1 tablespoon lemon juice
3 apples
2 green peppers
3 tomatoes
2 cucumbers
salt and pepper (optional)

Directions

1. In a large bowl, combine oil and lemon juice.
2. Dice all the fruits and vegetables and then add to the bowl.
3. Add salt and pepper to taste (optional).
4. Serve chilled.
5. Best served within 24 hours.

Notes

Note: Modification to [NDSU recipe](#) (PDF | 2.23 MB) includes making salt and pepper optional.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	100	
Total Fat	5 g	8%
Protein	1 g	
Carbohydrates	14 g	5%
Dietary Fiber	3 g	12%
Saturated Fat	0.5 g	3%
Sodium	10 mg	0%