

Shepherd Salad

Fresh Turkish Shepherd's Salad with crisp tomatoes, cucumbers, peppers, and herbs. Ready in 10 minutes - the perfect healthy Mediterranean side dish.

10 min

PREP

10 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Shepherd Salad

Ingredients

- 1 onion
- 2 tomato
- 2 green pepper
- 2 cucumber
- 9 sprig parsley
- 9 sprig mint

Instructions

- 1 Prepare the vegetables**

Wash and dice 4 medium tomatoes into 1/4-inch pieces, removing excess seeds and juice to prevent watery salad.
- 2** Peel 2 large cucumbers and dice into matching 1/4-inch pieces.
- 3** Dice 1 large red onion into 1/4-inch pieces. Sprinkle with 1/2 teaspoon salt and massage gently with your hands for 30 seconds to draw out harsh bite.
- 4** Let salted onions sit for 10 minutes, then rinse briefly under cold water and pat completely dry with paper towels.
- 5** Remove seeds and white ribs from 2 bell peppers. Dice into 1/4-inch pieces matching the other vegetables.
- 6** Finely chop 9 sprigs fresh parsley and 9 sprigs fresh mint, removing tough stems and keeping only the tender leaves.
- 7 Assemble and dress**

Combine all diced vegetables and chopped herbs in a large mixing bowl.
- 8** Whisk together 3 tablespoons extra virgin olive oil, 3 tablespoons fresh lemon juice, and 1 teaspoon salt in a small bowl until well combined.
- 9** Pour dressing over vegetables and toss gently with a large spoon until evenly coated. Let rest for 20 minutes at room temperature to allow flavors to meld before serving.

Tips

Use the ripest tomatoes you can find - they should give slightly when gently pressed and smell fragrant at the stem end.

Cut all vegetables into uniform small dice (about 1/4 inch) so each bite contains the perfect balance of ingredients.

Salt the diced onions and let them sit for 10 minutes to draw out harsh compounds, then rinse briefly and pat dry.

Remove cucumber seeds if they're large and watery to prevent the salad from becoming soggy.

Chill the vegetables for 30 minutes before assembling if serving on a hot day for extra refreshment.

Taste and adjust the dressing balance - you want equal parts olive oil and lemon juice with enough salt to enhance all flavors.

Let the dressed salad rest for 15-30 minutes before serving to allow flavors to meld and vegetables to release their natural juices.

Serve at room temperature rather than ice cold for the best flavor development.