

Farmers Salad

Ingredients

- 3 ripe tomatoes
- 4 cucumbers
- ¼ bunch mint
- 1 onions
- ½ bunch parsley
- ½ tspn salt
- 1 tspn Summac
- 1tspn pomegranate molasis
- juice of one lemon
- 4tbspn olive oil



Recipe

Dice the tomatoes, cucumbers,

Chop the parsley and mint finely

finely chop the onions and place in a bowl follow by rubbing it with sumac and salt, then adding the lemon juice and olive oil (this takes out the bitterness of the onion) then add some pomengranat molasis

Mix well, taste and serve