

**Mediterranean Chopped Salad** (from 12 Best Foods Cookbook) **(Good on days 1, 2, 3, 9, 10)**

*(Makes 1 serving)*

- 1 ripe medium tomato**
- 1 small bell pepper, seeded and chopped**
- 1 rib celery, sliced crosswise**
- 1 large scallion, white and green parts, chopped**
- 1/3 cucumber, preferably unwaxed, seeded and diced**
- 1/2 small red onion, finely chopped**
- 1/3 cup hummus (see recipe for Scallion Garlic Hummus)**
- Juice of 1/2 lemon**
- Sea salt and freshly ground black pepper**
- 1/4 cup chopped flat-leaf parsley**
- 4 black olives**

1. On a cutting board, vertically slice off 1 side of the tomato. Turn it 90 degrees and cut off another side. Repeat, leaving a square core. Turn the core on its side and slice off the bottom. Discard the core. Chop the remaining tomato and scoop it into a bowl, including the juice and seeds. Add the bell pepper, celery, scallion, cucumber, and onion.
2. For the dressing, add the hummus and lemon juice to the chopped vegetables and mix with a fork to combine. Season the salad to taste with salt and pepper. Mix in the parsley, add the olives and serve.