

WEEKEND PASSPORT: SHIRAZI

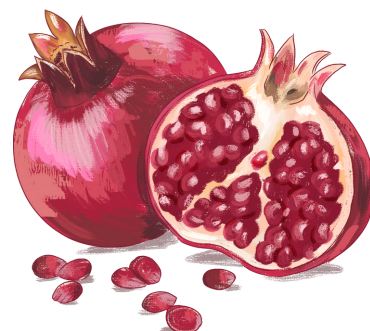
SALAD



Discover the unique flavors and cooking styles from around the world with our Weekend Passport recipes! These recipes are a great way to introduce your child to new ingredients and expand their taste palette.

Exploring Persian Cuisine:

- Persia refers to a historic region in southwestern Asia in an area that is now modern-day Iran. Common foods and ingredients in the Persian cuisine include pistachios, almonds, walnuts, pomegranates, figs, persimmons, lemons, and grapes. Spices common to Persia include saffron, ginger, cardamom, and cinnamon.
- Shirazi Salad is named after the beautiful city of Shiraz, known for its enchanting gardens and rich Persian history. The Shirazi salad is like a Middle Eastern pico de gallo and is used similarly for many traditional dishes.



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SALAD



Ingredients:

- 1/4 cup extra virgin olive oil
- Juice from 1 lemon
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1 small red onion, diced
- 4 Roma tomatoes, finely chopped and seeded
- 10 Persian cucumbers, cut into small cubes
- 1 handful flat leaf parsley, finely chopped
- 1 (15 ounce) can garbanzo beans, drained and rinsed

Directions:

- In a large bowl, add olive oil, lemon juice, salt, and pepper. Whisk to create an emulsion.
- Add the onion, tomatoes, cucumbers, parsley, and garbanzo beans. Toss to combine.
- Serve immediately or refrigerate for 30 minutes to let flavors combine.

