



The Heart-Check mark is a simple tool to help you Eat Smart.

Look for the Heart-Check wherever you shop - it's in almost every aisle!

When you see the Heart Check Mark, you can be confident that a product aligns with the American Heart Association's recommendations for an overall healthy eating pattern.

TO LEARN HOW A FOOD BECOMES HEART-CHECK CERTIFIED, VISIT HEARTCHECK.ORG



Simple Persian Salad

SERVES 4

Ingredients

- 2 cucumbers (seeded, diced)
- 4 medium tomatoes (diced)
- 1 medium red onion (diced)
- 2 Tbsp. fat-free feta cheese (crumbled)
- 1/4 cup chopped, fresh mint or parsley OR 1/2 tsp. mint or parsley
- 2 limes (juiced)
- 1 Tbsp. extra virgin olive oil
- 1/2 tsp. black pepper

Directions

- Mix cucumber, tomatoes, onion, feta and herbs in a bowl and refrigerate for 20 minutes.
- In a small bowl, combine lime juice, oil and pepper - whisk well.
- Pour over vegetable mixture and serve.

Nutritional Facts

Calories	88	Cholesterol	0 mg
Total Fat	4.0 g	Sodium	86 mg
Saturated Fat	0.5 g	Total Carbohydrate	13 g
Trans Fat	0.0 g	Dietary Fiber	3 g
Polyunsaturated Fat	0.5 g	Sugars	7.4 g
Monounsaturated Fat	2.5 g	Protein	3 g