

# Armenian Parsley & Walnut Salad

Nicole Aloni, author and caterer



*Earthy flavors, wonderful to serve alongside grilled meat.*

- 1 cup walnuts, chopped, toasted, or almonds
- 2 cups parsley, regular curly, coarsely chopped
- 3/4 cup kalamata olives, pitted, minced
- 1/2 cup scallion, minced
- 1 cup fresh tomatoes, peeled, seeded, chopped
- 1/3 cup extra virgin olive oil
- 1/3 cup fresh lemon juice
- 1/2 teaspoon cumin powder
- 1/2 teaspoon red chili flakes

Kosher salt and pepper to taste

*Serving Ideas: This can be an appetizer (with pita bread toasted) or alongside a roast or grilled chicken or lamb/beef. It's best if made at least a day ahead and will keep for up to 3 days. If you want a heartier salad, add some kasha or bulgar wheat and/or grilled chicken slices as a cold salad. Garnish with tomatoes if you have them available.*

## Servings: 8

*If the tomatoes are out of season, add just a teaspoon of sugar to sweeten them. You can also add mint to this salad if that is a flavor you enjoy. Be sure to use regular curly parsley (not Italian flat leaf) as it gives the salad some "lift."*

1. Toast nuts at 325° for about 10 minutes. Cool completely before using in the recipe.
2. Remove stems from the parsley and coarsely chop. Do not use a food processor for this as they will be too fine.
3. Chop the olives, walnuts and green onions, then combine all ingredients, tossing with the dressing. Add salt and pepper to taste. Chill.

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Per Serving (excluding unknown items): 248 Calories; 24g Fat (82.7% calories from fat); 5g Protein; 7g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 365mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 4 1/2 Fat.

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>