



# Armenian Garden Salad

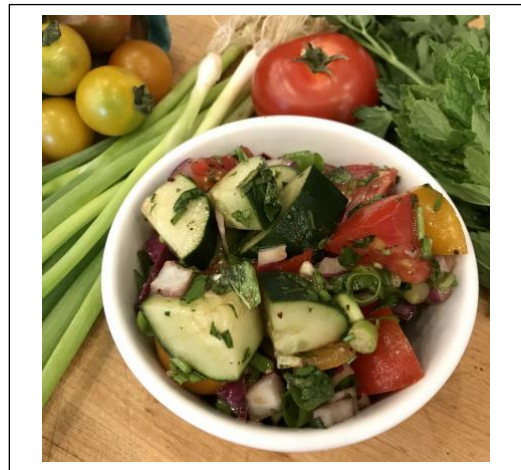
Ashley Haar, home cook [@therealsome\\_chickweed](#)

I am the granddaughter of Armenian refugees. I grew up in Fresno, CA where my Granny made this salad from veggies she grew in her garden. I now live with my cat Zoe on the unceded territory of the Chinookan Peoples in what is called Portland, OR, in the settler system, where I like to go for walks, write, and make herbal medicine.

**Yield:** This recipe makes two meal-sized portions or four side-dish servings

## Ingredients:

- 1lb cucumbers, chopped to desired size
- 2 medium tomatoes or 2 cups cherry tomatoes, chopped to desired size (I usually have equal portions cucumber and tomato)
- 1 spring onion bulb (white or red)
- 6 scallions, sliced
- 1 bunch flat leaf parsley (~2c loosely packed), finely chopped
- 1c mint loosely packed, finely chopped



## Dressing:

- 1/4c olive oil
- 3T lemon juice (or to taste)
- 2T pomegranate molasses (or to taste)
- 1t ground sumac
- 3 garlic cloves, finely chopped
- Salt to taste

## Directions:

Assemble salad in a big mixing bowl. Whisk dressing ingredients in a small bowl, then fold into salad with a spatula (careful with the cherry tomatoes). Enjoy.

