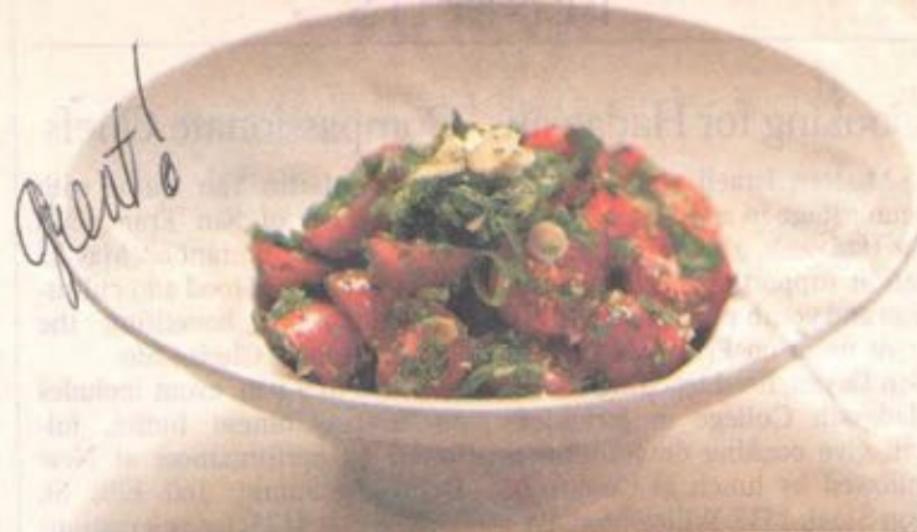


Parsley Salad with Green Onions, Cherry Tomatoes & Spicy Lime Dressing

Serves 4 or more, depending
on what else you are serving

This salad is very refreshing; parsley is one of those greens that is so easy to take for granted — a garnish here, a sprinkle there. Yet chop it up, serve it as a salad and be delighted. It makes a great backdrop to other flavors. When the first of the early tomatoes hit the market, add a few to your salad. This is delicious with jerk chicken or grilled fish.

- 1 bunch of parsley, washed and dried
- 1 tablespoon fresh thyme leaves
- 3 to 4 green onions, thinly sliced
- 2 pints cherry tomatoes, halved
- 2 to 3 cloves garlic, minced
- ½ teaspoon jerk seasoning from a jar, or to taste



JOHN LEE / *The Chronicle*; styled by GARY CAMACHO

About 2-3 tablespoons extra virgin olive oil

Juice of 2 limes, or to taste

Coarse sea salt, to taste

Instructions: Chop the parsley very finely, either by hand or in a food processor (if using the latter be careful not to turn it into a powder or puree).

Toss together the chopped parsley with the thyme, green

onions, tomatoes and garlic.

Mix the jerk seasoning with the olive oil and lime juice, taste and adjust oil and seasonings as desired. Toss into the salad, along with sea salt to taste, and serve right away.

Per serving: 115 calories, 3 g protein, 12 g carbohydrate, 8 g fat (1 g saturated), 0 cholesterol, 36 mg sodium, 2 g fiber.