

Long Livo

Acl Ezme Salata

Vibrant Acl Ezme Salata, a quick spicy tomato-pepper salad that feels like a sun-kissed bite.

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**Middle Eastern** Cuisine	**Appetizer** Course

Ingredients

Main Ingredients

- [ ] 3 large ripe tomatoes, finely diced
- [ ] 2 red bell peppers, roasted and minced
- [ ] 1 small red onion, minced
- [ ] 1 clove garlic, finely pressed
- [ ] ¼ cup fresh parsley, chopped

Seasoning & Dressing

- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp pomegranate molasses
- [ ] ½ tsp sumac
- [ ] ¼ tsp crushed red pepper flakes
- [ ] Salt to taste

Instructions

1. Dice the tomatoes and place them in a mixing bowl; their juices will begin to soften the onions.
2. Add the roasted pepper, minced onion, garlic, and chopped parsley; give everything a gentle toss.
3. Stir in olive oil, lemon juice, pomegranate molasses, sumac, and red pepper flakes; taste and season with salt.
4. Let the salad rest for 5-10 minutes at room temperature, then serve with fresh bread or as a dip.

Nutrition per serving

85 kcal	2 g	10 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the tomatoes are very juicy, you can gently squeeze out excess liquid before mixing.
- Adjust the heat level by adding more or fewer red pepper flakes.
- A drizzle of extra-virgin olive oil just before serving adds a glossy finish.