

BEYOND HUNGER

Colorful Cucumber Tomato Salad

This cucumber tomato salad is full of fresh sliced cucumbers, cherry tomatoes, red onion, and green peppers... all tossed in an herb dressing. This is the perfect light and refreshing side dish for any healthy meal.

Yields: 6 servings

Ingredients:

- 3 cups cucumber, sliced
- 2 cups cherry tomatoes, halved
- 1/4 cup red onion, thinly sliced
- 1 bell pepper (green preferred), diced
- 1/4 cup fresh parsley, chopped
- 4 Tbsp olive oil
- 1 1/2 Tbsp red wine vinegar
- 1 tsp Dijon mustard
- salt and pepper, to taste
- 1/4 tsp dried oregano

Instructions:

1. Place cucumbers, tomatoes, onion, bell pepper, and fresh parsley in a large bowl.
2. In a small bowl, add olive oil, vinegar, mustard, salt, pepper, and oregano. Whisk thoroughly to combine.
3. Pour the dressing over the vegetables. Mix until the vegetables are all coated evenly with dressing.
4. Serve at room temperature or allow to cool and marinate in the refrigerator. Enjoy!

Per serving: Calories 107 kcal, Carbohydrates 5g, Sugars 2g, Protein 1g, Saturated Fat 1g, Sodium 17mg

This recipe was adopted from dinneratthezoo.com

