



CUCUMBER TOMATO SALAD

Cucumbers are amazing fruits that contain many nutrients while also being very low in calories. Cucumbers promote hydration due to their high-water content, they contain antioxidants, and they are an easy, refreshing addition to any dish. The cucumber tomato salad recipe makes a classic side dish that is light and cool, pairing perfectly with grilled meats and fish, like salmon, or even marinated beef or pork cuts. Bon-Appetit!

Yield: 4 servings

Ingredients

- 1 long English **cucumber**, sliced into half moon shapes
- 2-3 large **tomatoes**, cut into large dice
- ½ **red onion**, sliced thinly
- 1 Tbsp. freshly chopped herbs: **parsley, basil, and/or dill** (optional)
- 2 Tbsp. **olive oil**
- 1 Tbsp. **red wine vinegar**
- **Salt & pepper** to taste

Instructions

1. Combine first four ingredients in a bowl and toss well.
2. Combine oil, vinegar, salt, and pepper into a small bowl and whisk to combine. Adjust mixture as needed, to suit your taste. Pour over cucumber mixture and toss to combine.
3. Refrigerate at least 20 minutes before serving.

Per Serving: Calories 104, Carbohydrates 7 g, Protein 2 g, Saturated Fat 1 g, Sodium 6 mg, Fiber 2 g, Sugars 4 g

This recipe was adapted from SpendWithPennies.com and can be found at GoBeyondHunger.org.



BEYOND THE KITCHEN

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