



RECIPE:

Tomato and Cucumber Salad

Number of Servings: 12

Ingredients:

- 4 large tomatoes, cubed
- 1 large cucumber, chopped
- 1 c. red onion, chopped
- 1 c. green pepper, chopped
- 1/3 c. fresh parsley, chopped
- 1/3 c. apple cider vinegar
- 1 Tbsp. vegetable oil
- 2 garlic cloves, minced
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/2 tsp. sugar

Directions:

1. Wash hands with soap and water.
2. Rinse all produce under cool running water.
3. Chop vegetables and add to a medium bowl.
4. In a small bowl, mix the dressing ingredients together (vinegar, oil, garlic, salt, pepper and sugar).
5. Pour the dressing over the salad. Mix well.
6. Refrigerate for at least one hour before serving for optimal flavor.
7. Store leftovers in the refrigerator in a sealed container.

Nutrition Info:

Nutrition Facts	
12 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	30
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 0mg	0%
Potassium 140mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Recipe Credit: : Nebraska Extension Nutrition Education Program