



Cucumber Salad

Servings 4 | Prep time 10 mins. | Total time 1 hour, 10 mins.

Equipment: Cutting board, Large bowl

Utensils: Knife, Measuring spoons and cups

Ingredients

3 small tomatoes, chopped

1 large cucumber, chopped

1/2 red onion, chopped small

1 medium green pepper, chopped small

1/3 cup fresh parsley, chopped small OR 1

tablespoon dried parsley (optional)

1/3 cup reduced sodium Italian dressing OR

homemade dressing (1/3 cup apple cider vinegar, 1 tablespoon olive oil, 1/2 teaspoon

garlic powder, 1/2 teaspoon pepper, 1/2 teaspoon salt)

Instructions

1. Before you begin, wash your hands, surfaces, utensils and vegetables.
2. Combine all ingredients in a large bowl and stir to combine. Refrigerator for at least an hour before serving.

-Note: If you're making your own dressing, combine those ingredients in the bottom of a large bowl, add the vegetables and parsley (if using), and toss to mix well.

Nutritional Information:

Calories 45

Total Fat 1g

Sodium 230mg

Total Carbs 9g

Protein 1g