



Cucumber Salad

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

Equipment:

Cutting board
Large bowl

Utensils:

Knife
Mixing spoon
Measuring spoons and cups

Ingredients

3 small tomatoes, chopped
1 large cucumber, chopped
1/2 red onion, finely chopped
1 medium green pepper, finely chopped
1/3 cup fresh parsley, chopped small OR 1 tablespoon dried parsley (optional)
1/3 cup fat-free Italian dressing OR Celebrate Your Plate Vinaigrette Salad Dressing

Instructions

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

Nutritional Information:

Calories 45 Total Fat 1g Sodium 230mg Total Carbs 9g Protein 1g