



Cucumber Salad

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

Equipment:

Cutting board

Large bowl

Utensils:

Knife

Mixing spoon

Measuring cups and spoons

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.

Ingredients

3 small tomatoes, chopped

1 large cucumber, chopped

1/2 red onion, finely chopped

1 medium green bell 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

Nutritional Information:

Calories 45

Total Fat 1g

Sodium 230mg

Total Carbs 9g

Protein 1g