



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