



# 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 1/3  
cup homemade dressing (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.

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This material was funded by USDA's Supplemental Nutrition Assistance Program —SNAP.

## Nutritional Information:

Calories 45

Total Fat 1g

Sodium 230mg

Total Carbs 9g

Protein 1g