



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)

-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.

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.

Nutritional Information:

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