

Tomato and Cucumber Salad

12 servings

This refreshing salad is an excellent source of Vitamin C and a great way to take advantage of the vegetables' summer growing season.

- 4 large tomatoes, gently rubbed under cold running water, cubed
- 1 large cucumber, scrubbed with clean vegetable brush under running water, chopped
- 1 cup red onion, scrubbed with clean vegetable brush under running water, chopped
- 1 cup green pepper, scrubbed with clean vegetable brush under running water, chopped
- 1/3 cup fresh parsley, gently rubbed under cold running water, chopped
- 1/3 cup apple cider vinegar
- 1 Tablespoon olive oil
- 2 garlic cloves
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon sugar



1. Wash hands with soap and water.
2. In a large bowl, combine, tomatoes, cucumber, onion, green pepper, and parsley.
3. In a small bowl, mix, mix vinegar, olive oil, garlic, salt, pepper and sugar.
4. Pour vinegar and oil mixture over the vegetables. Mix well.
5. Refrigerate at least 1 hour before serving.

Nutrition Information per Serving: (1/12 of recipe) Calories 30, Total Fat 1.5g, Saturated Fat 4g, Cholesterol 0mg, Sodium 105mg, Total Carbohydrates 5g, Dietary Fiber 1g, Sugars 3g, Protein 1g, Vitamin A 6%, Vitamin C 35%, Calcium 2%, Iron 4%.