

Tomato and Cucumber Salad

Nebraska Seasonal Produce Guide

12 Servings



EXTENSION

Health & Wellbeing



Ingredients

- 4 large tomatoes, gently rubbed under cold running water, cubed
- 1 large cucumber, scrubbed with a clean vegetable brush under running water, chopped
- 1 cup red onion, scrubbed with a clean vegetable brush under running water, chopped
- 1 cup green pepper, scrubbed with a 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, minced
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon sugar

Instructions

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, combine vinegar, oil, garlic, salt, pepper, and sugar.
4. Pour the vinegar mixture over the vegetables. Mix well.
5. Refrigerate for at least 1 hour before serving.
6. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving (1/12 of recipe): Calories 30, Total Fat 1.5g, Saturated Fat 0.4g, Cholesterol 0mg, Sodium 105mg, Total Carbohydrates 5g, Fiber 1g, Total Sugars 3g, Protein 1g, Vitamin A 6%, Vitamin C 35%, Calcium 2%, Iron 4%



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