



## Cucumber and Tomato Salad

Total Calories  
118

Total Fat  
12g

Protein  
1g

Total Carbohydrates  
5g

Saturated Fat  
2g

Sodium  
4mg

## Cucumber and Tomato Salad

Servings: 5  
Serving Size: 1 cup

### INGREDIENTS

- 1 small onion, cut into thin slices
- 1 cucumber, diced
- 1 large tomato, diced
- 2 tablespoons freshly squeezed lemon juice
- ¼ cup olive oil
- Season to taste (salt, pepper, oregano)

### DIRECTIONS

1. Combine onion, diced cucumbers and diced tomatoes in a large bowl. Mix well.
2. In small bowl, whisk together lemon juice, olive oil, and additional seasonings. Pour over salad and serve immediately.

### TIP

Get creative and try using fresh herbs in this recipe such as oregano, mint, or basil. Other ingredients can be added as well such as feta, Parmesan, blue cheese, corn, or bell peppers.

