

# Tomato and Cucumber Salad

July 2022 Recipe



Makes: 12 servings

## Ingredients

### Salad

- 4 large tomatoes (cubed)
- 1 large cucumber (chopped)
- 1 cup red onion (chopped)
- 1 cup green pepper (chopped)
- 1/3 cup parsley (chopped)

### Dressing

- 1/3 cup apple cider vinegar
- 1 Tbsp. olive oil
- 2 cloves garlic (minced)
- 1/2 tsp. salt
- 1/2 tsp. ground black pepper
- 1/2 tsp. sugar

## Directions

1. In a large bowl, combine the salad ingredients.
2. In a small bowl, mix the dressing ingredients.
3. Pour the dressing over the salad. Mix well.
4. Refrigerate for at least one hour before serving.

## Nutritional information for 1 serving

Calories	35
Total fat	1 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	103 mg
Carbohydrate	5 g
Dietary fiber	1 g
Total sugars	3 g
Added sugars included	0 g
Protein	1 g