

Louisiana HARVEST of the MONTH

Tomato & Cucumber Salad

Home Recipe

Serves: 4

Prep Time: 10 minutes

Ingredients

Dressing

- ¼ cup of olive oil
- 2 Tbsp of red wine vinegar
- 1 tsp of dried oregano
- ½ tsp salt
- Freshly cracked pepper

Salad

- 4 Roma tomatoes OR 2 medium tomatoes (1 cup)
- 1 medium cucumber (2/3 cup)
- ½ of a small red onion (1/3 cup)

Nutrients Per ½ Cup Serving

- **Calories** 140
- **Total Fat** 14 g
 - **Saturated Fat** 2 g
- **Cholesterol** 0 mg
- **Sodium** 5 mg
- **Carbohydrates** 5 g
 - **Dietary Fiber** 1 g
- **Protein** 1 g
- **Calcium** 20 mg
- **Iron** 1 mg
- **Potassium** 236 mg
- **Vitamin C** 11 mg
- **Vitamin A** 28 mcg

Cooking Instructions

- 1) Whisk olive oil, red wine vinegar, oregano, salt, and freshly cracked pepper in a bowl OR combine in a jar and shake until mixed. Set the dressing aside to allow the flavors to blend.
- 2) Thinly slice* tomato, cucumber, and red onion. Place them in a large bowl.
- 3) Pour the dressing over the sliced vegetables and toss to coat. Serve immediately or refrigerate until ready to eat. The onions will become milder as they marinate in the dressing.

*Vegetables can be diced if preferred

