



July 21- Cucumber Tomato Salad

Smart Snack

Link: <http://skinnymys.com/classic-cucumber-tomato-salad/>

Recipe

Ingredients:

- 2 cucumbers
- 2 cups cherry tomatoes
- ½ red onion
- 2 Tablespoon fresh dill
- 2 Tablespoon balsamic vinegar
- 1 Tablespoon olive oil
- 1 teaspoon dijon mustard
- ¼ teaspoon balck pepper

Directions:

1. Wash hands with warm, soapy water.
2. Place cucumbers, cherry tomatoes, and onion in a large bowl.
3. Mix dill, balsamic vinegar, olive oil, mustard and pepper in another bowl.
4. Pour dressing over vegetables and stir, place in fridge and let sit for at least one hour before serving.

Yield 4 servings

Nutrition Facts

Serving Size 1 cup (291.85g)

Servings Per Container 4

Amount Per Serving

Calories 100 **Calories from Fat** 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 45mg **2%**

Total Carbohydrate 13g **4%**

Dietary Fiber 3g **10%**

Sugars 7g

Protein 2g **5%**

Vitamin A 4% • Vitamin C 35%

Calcium 6% • Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.