



Tomato Cucumber Salad

Ingredients:

- 4 scallions, chopped
- 2 cucumbers (~ 3 cups), thinly sliced
- 2 tablespoons red wine vinegar
- 2 large tomatoes
- 1/4 cup olive oil
- 2 tablespoons fresh basil, chopped
- 1/2 teaspoon coarse sea salt
- Fresh ground pepper to taste

Directions:

1. Add scallions and cucumber to a large bowl and toss with vinegar.
2. Cut tomatoes into thin wedges and add to bowl with cucumbers and scallions.
3. Add olive oil, basil, salt, pepper and toss.

Serves 10

Serving Size: 1/2 cup

Nutrition Facts			
Serving Size 0.50 cup(s) (265g)			
Amount Per Serving			
Calories	138	Calories from Fat	100
% Daily Value			
Total Fat	11.2g		17 %
Saturated Fat	1.6g		8 %
Trans Fat	0.0g		
Cholesterol	0.0mg		0 %
Sodium	241.3mg		10 %
Total Carbohydrate	9.5g		3 %
Dietary Fiber	1.9g		8 %
Sugars	4.6g		
Protein	2.0g		
Vitamin A	14 %	Calcium	5 %
Vitamin C	25 %	Iron	6 %

