**Tomato & Cucumber Salad**

**Ingredients:**
- **Dressing**
  - 1/4 cup of olive oil
  - 2 Tbsp of red wine vinegar
  - 1 tsp of dried oregano
  - 1/2 tsp salt
  - Freshly cracked pepper
- **Salad**
  - 4 Roma tomatoes OR
  - 2 medium tomatoes (1 cup)
  - 1 medium cucumber (2/3 cup)
  - 1/2 of a small red onion (1/3 cup)

**Directions:**
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

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**Cool as a Cucumber**

Cucumbers are cool and moist due to their high water content and belong to the same family as pumpkins, zucchini, watermelon and other squashes.

- Cucumbers have many types, shapes, textures and colors, including orange, yellow, green and white.
- The green color of cucumber skin indicates it is a great source of chlorophyll, which is a valuable phytonutrient.
- Cucumber is one of the earliest domesticated vegetables. It was adopted around 4 thousand years ago and was used not only for eating but also in medicine.
- Cucumbers contain Vitamin A, fiber, pantothenic acid, magnesium, phosphorus and manganese, to name a few.

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**Did You Know?**

Cucumbers are 96% water, which means they do not contain as many nutrients as a drier vegetable like squash, but cucumbers are low in fat, sodium, and calories.

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For more information on Louisiana Harvest of the Month, visit www.SeedstoSuccess.com

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