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 (½ cup)

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

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

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