

CUCUMBER SALAD WITH TOMATOES

Source: foodhero.org

Prep time: 15 minutes, Makes: 5 cups

Ingredients:

- 2 cups diced cucumbers
- 1 cup seeded and diced tomato
- ¼ cup chopped sweet onion
- 2 cups cooked couscous or rice
- 2 teaspoons dill weed
- ½ cup low-fat italian salad dressing

Directions:

1. Toss together the cucumber, tomatoes, onions, couscous or rice, dill weed and salad dressing.
2. For best flavor, chill for 1 hour before serving.
3. Refrigerate leftovers within 2 hours.

Notes:

Use brown rice to include whole grains.



Nutrition Facts

Serving Size 3/4 cup (155g)
Servings Per Container 6

Amount Per Serving	
Calories 100	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 3g	
Vitamin A 2%	Vitamin C 10%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 • Protein 4

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