## 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  $\frac{1}{4}$  cup chopped sweet onion 2 cups cooked couscous or rice 2 teaspoons dill weed  $\frac{1}{2}$  cup low-fat italian salad dressing

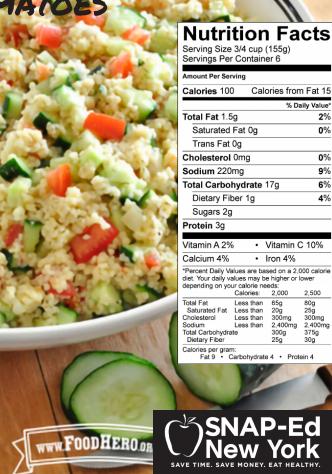
## Directions:

- 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.

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2% 0%

0%

9%

6%

4%

2.500

80a

25g

300ma

375g

30a