

Cucumber Salad with Tomatoes

Prep Time: 30 minutes

Cooling Time: 1 hour

Makes 4 servings



Ingredients:

2 cups cucumbers, chopped
1 cup tomato, chopped
1/4 cup onion
2 cups couscous or rice, cooked
2 teaspoons dill weed (chopped dried or fresh)
1/2 cup Italian salad dressing, low fat

Directions:

1. Cook couscous or rice according to package directions. Cool.
2. Rinse vegetables and chop into bite-sized pieces.
3. Toss together the cucumbers, tomatoes, onions, couscous (or rice), dill, and salad dressing.
4. Chill for 1 hour prior to serving.

Optional:

1 can garbanzo beans (chickpeas)

Lycopene, found in tomatoes, may help reduce cancer risk!



Cerro Gordo County
Department of Public Health

H. H. Food Bank & Cerro Gordo County Dept. P. H.. Courtesy of Iowa United Method Church Funds & sponsorship of ITC Holdings

RECIPE TIPS

Cook once, eat twice!

Cook couscous or rice according to package directions. Make extra to use in other recipes throughout the week or portion into bags and freeze for later use. Choose whole grains such as brown rice, wheat berries, millet, polenta, farro, or barley.

Make it a meal!

Add garbanzo beans for extra protein and fiber!

Don't let your cucumbers go to waste!

Add to chicken or tuna salad

Add to a coleslaw

Stuff into a pita or wrap

Top leafy greens with chopped tomato and cucumber

Serving Size: 1/4 recipe

Nutrition Facts:

Calories: 150

Fat: 4 g

Saturated Fat: 1 g

Sodium: 280 mg

Total Carbohydrates: 25 g

Fiber: 2 g

Protein: 4 g



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Recipe modified from: *Cucumber Salad with Tomatoes: What's Cooking? USDA Mixing Bowl*. Web. <http://www.whatscooking.fns.usda.gov/recipes/>

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