

Louisiana HARVEST of the MONTH

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 (1/3 cup)

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

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



For More Information

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