Tomato Cucumber Salad

Recipe

Serves 6-8

Ingredients

♦ 3 English Cucumber, ½-inch dice
♦ 3 Roma Tomato, ½-inch dice
♦ ¼ cup minced cilantro
♦ ½ Red onion, small dice
♦ 2 tablespoons extra virgin olive oil
♦ 2 tablespoons red wine vinegar
♦ 2 tablespoons fresh lemon juice
♦ ½ teaspoon fresh lemon zest
♦ ½ teaspoon garama masala seasoning
♦ Salt and pepper to taste

Directions

1. Combine all the ingredients together.
2. Set aside to marinate at least 1 hour at before serving.

Nutritional Information

Nutrition
Serving Size: 201 grams
Calories 67
Calories from Fat 33
Total Fat 3.7 grams (6%)
Saturated Fat 0.5 grams (3%)
Trans Fat 0 grams
Cholesterol 0 mg (0%)
Sodium 67 mg (3%)
Total Carbohydrate 8.5 grams (3%)
Dietary Fiber 1.5 grams (6%)
Sugars 4.2 grams
Protein 1.6 grams

Vitamins
Vitamin A: 12%
Vitamin C: 32%
Calcium: 2%
Iron: 4%

225 grams ~ 1 cup
% based on Daily Value
*based on a 2,000 calorie diet

Created, cooked, and provided by Culinary Chef Jessica Vanroo at Health & Fitness Fridays workshop on April 13, 2012