

# Fresh Tomato and Cucumber Salad

## Salad of the Month June - 2015



Garden fare. Vitamin A and C rich tomatoes and cucumbers turn this recipe into a nutritious side salad.

**Prep Time:** 10 Min

**Start to Finish:** 15 Min

**Makes:** 2 servings

### INGREDIENTS

1 medium tomato, cut into 6 slices  
1/2 cup chopped cucumber  
1/8 teaspoon salt  
1 1/2 teaspoons finely chopped fresh basil leaves  
1 teaspoon grated lemon peel  
1 teaspoon sugar  
1 tablespoon balsamic vinegar

### DIRECTIONS

1. On 2 salad plates, arrange tomato slices in a circle, slightly overlapping. Top with cucumber. Sprinkle salt over tomatoes and cucumber.
2. In small bowl, mix basil, lemon peel and sugar; sprinkle over salads. Drizzle with vinegar. Let stand 5 minutes before serving.

**Recipe Provides:** Vegetables 1/2c

### NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b>	1 Serving	<b>Total Fat:</b>	0 g	<b>Saturated Fat:</b>	0 g
<b>Calories:</b>	30	<b>Calories from Fat:</b>	0	<b>Carbohydrates:</b>	7 g
<b>Cholesterol:</b>	0 mg	<b>Dietary Fiber:</b>	1 g	<b>Sodium:</b>	150 mg
<b>Sugars:</b>	5 g	<b>Protein:</b>	0 g		



Recipe adapted from [www.eatbetterearly.com](http://www.eatbetterearly.com)