

## Tomato cucumber salad



Recipe credit

Adapted from the United States Department of Agriculture

### **About this recipe**

Serves

4

Serving size

1/4 of prepared recipe

Time to make

20 minutes preparation

Special criteria

[Vegetarian recipes](#)

## Ingredients

- 3 tomatoes, diced
- 1 cucumber, peeled and sliced
- 1/2 cup onion, finely chopped
- 1 bell pepper, diced
- 1 stalk celery, finely diced
- Optional: 1/4 cup fresh parsley, chopped
- 1/2 cup bottled or homemade Italian salad dressing (see recipe in tips & variations)

## Directions

1. Combine all ingredients for the salad.
2. Mix all the ingredients for the dressing.
3. When salad is mixed, place in the refrigerator. Serve chilled with the dressing.
4. Refrigerate leftovers.

## Tips and variations

Try these easy salad dressing recipes:

- Fat free dressing: 1/2 cup water, 2 tablespoons white vinegar, 2 tablespoons sugar, and 1/2 teaspoon salt.
- Italian dressing: 1/4 cup olive oil, 1/2 cup water, 6 tablespoons cider or red wine vinegar, 2 teaspoons sugar, 1/2 teaspoon salt, 1/2 teaspoon dry mustard, 1/2 teaspoon Italian seasoning, 1/4 teaspoon garlic powder, and 1/4 teaspoon black pepper.
- Lemon olive oil dressing: 1/4 cup olive oil, 1/4 cup fresh lemon juice, 1 teaspoon sugar, 1/2 teaspoon salt, and 1/4 teaspoon black pepper.

## Nutritional info

Calories

75

Total fat

2.4 g

Saturated fat

0.34 g

Cholesterol

0 mg

Sodium

319 mg

Total carbohydrates

13 g

Dietary fiber

3 g

Protein

2 g

Total sugar

8 g

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