

Italian Tomato Cucumber Salad

Makes 4 servings

- 5 to 6 Italian-style plum tomatoes *or*
- 3 large ripe tomatoes, cut into wedges
- 1 stalk celery, thinly sliced
- 1 cucumber, thinly sliced
- 3 to 4 red onions, thinly sliced
- 1 clove garlic, halved
- Chopped fresh oregano
- Minced fresh basil
- 2 tablespoons olive *or* vegetable oil
- 2 tablespoons lemon juice

Combine tomatoes with celery, cucumber, and onion. Rub a glass serving bowl with cut sides of garlic; add vegetables. Season generously with oregano and basil. Drizzle oil and lemon juice evenly over salad; toss gently. Serve at room temperature.

Calories 100
Protein 1 g
Carbohydrate 8g
Fat 7g
Sodium 10mg
Potassium 300mg

NUTRITION INFORMATION PER SERVING

Percent U.S. RDA Per Serving

- Protein 2%
- Vitamin A 15%
- Vitamin C 35%
- Thiamine 4%
- Riboflavin 2%
- Niacin 2%
- Calcium 2%
- Iron 4%
- Phosphorus 4%