

Tomato & Cucumber Salad with Balsamic Vinaigrette

This marinated side salad packs a punch of summer fresh produce and bright herbs paired with a flavorful balsamic dressing.

YIELD 6 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 25 MIN
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INGREDIENTS

For the Vinaigrette:

½ cup	Extra Virgin Olive Oil
¼ cup	Balsamic Vinegar
1 Tbsp	Dijon Mustard
1 Tbsp	Honey
1 tsp	Garlic Powder
½ tsp	Thyme, dried
½ tsp	Oregano, dried
½ tsp	Kosher Salt
To Taste	Black Pepper, ground

For the Salad:

2 each	Globe Tomato, cut into wedges
1 each	Cucumber, (preferably English/Hot House) cut into 1/2-inch-thick half moon slices
1/4 each	Red Onion, finely sliced (julienned)
¼ cup	Parsley, chopped

CHEF NOTES

Balsamic vinegar is balanced in flavor with a little sweetness to cut the acidity. The vinegar's rich flavor complements the acid found in tomatoes.

This salad tastes even better the longer it sits. It will keep well in the refrigerator for up to three days.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.

For the Vinaigrette:

2. In a small container with a lid (such as a jar), combine the oil, vinegar, mustard, honey, and seasonings. Shake well to combine and set aside until serving.

For the Salad:

3. In a large bowl, combine the cut tomatoes, cucumbers, onion, and parsley together. Pour about ⅓ of the dressing over the salad, tossing to coat.
4. Cover the bowl and place it in the refrigerator until serving, at least 10 - 20 minutes. The longer the salad is left to in the refrigerator, the more the flavors will develop.

Nutrition Facts

6 servings per container

Serving size 1 cup (130g)

Amount Per Serving

Calories 80

% Daily Value*

Total Fat 6g 8%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 80mg 3%

Total Carbohydrate 7g 3%

Dietary Fiber 1g 4%

Total Sugars 4g

Includes <1g Added Sugars 2%

Protein 1g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.5mg 2%

Potassium 240mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

