

Tomato & Cucumber Salad with Lemon Vinaigrette

This marinated side salad packs a punch of summer's fresh produce and bright herbs paired with a zippy lemon dressing.

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

For the Vinaigrette:

2 Tbsp	Extra Virgin Olive Oil
½ - 1 each	Lemon, zested and juiced
1 tsp	Dijon Mustard
1 tsp	Honey
¼ tsp	Kosher Salt
To Taste	Black Pepper

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

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a jar or small container with a lid, combine the oil, lemon zest and juice, mustard, honey, salt, and pepper. Seal the container and shake vigorously until thoroughly combined. Set aside.
3. In a large bowl, combine the cut tomatoes, cucumbers, and onion together and pour the dressing over, 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, and the tomato and cucumbers will marinate.

CHEF NOTES

For tangier flavor, juice the whole lemon and make sure to include the zest which is where the strongest flavor comes from in the form of essential oils.

This salad will keep well in the refrigerator for up to three days.

EQUIPMENT NEEDS

Chef Knife
Cutting Board
Jar (or container) with a Lid
Large Mixing Bowl
Measuring Spoons
Peeler (optional)
Serving Spoon

Nutrition Facts

6 servings per container

Serving Size 1 cup (146 g)

Amount per serving

Calories 60

% Daily Value *

Total Fat 5g 6%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 105mg 5%

Total Carbohydrate 5g 0%

Dietary Fiber 2g 6%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein less than 1g 0%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 2mg 9%

Potassium 200mg 3%

*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.

Recipe adapted from *Health meets Food*: Tomato & Cucumber Salad with Red Wine Vinaigrette (8/1/19)



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