

Cucumber Salad with Tomatoes

Rating: ★★★★★

Makes: 4 servings

Ingredients

- 2 cups cucumber (diced)
- 1 cup tomato (seeded and diced)
- 1/4 cup onion (chopped sweet)
- 2 cups couscous or rice, cooked
- 2 teaspoons dill weed (chopped dried or fresh)
- 1/2 cup Italian salad dressing, low-fat

Directions

1. Wash hands.
2. Toss together the cucumbers, tomatoes, onions, couscous (or rice), dill, and salad dressing.
3. Chill for 1 hour.
4. Serve.

Arizona Nutrition Network, Don't Play With Your Food: Spring and Summer Cookbook

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	150	
Total Fat	3.5 g	5%
Protein	4 g	
Carbohydrates	25 g	8%
Dietary Fiber	2 g	8%
Saturated Fat	0.5 g	3%
Sodium	280 mg	12%