

Cucumber Salad With Tomatoes

July 2023 Recipe

Makes: 4 servings



Ingredients

2 cups cucumber (diced)
1 cup tomatoes (seeded and diced)
¼ cup sweet onion (chopped)
2 cups couscous or rice (cooked)
2 tsp. fresh or dried dill weed (chopped)
½ cup low-fat Italian salad dressing

Directions

1. Toss together the cucumbers, tomatoes, onions, couscous or rice, dill and salad dressing.
2. Chill for one hour. Then serve.

Nutritional information for 1 serving

Calories	331
Total fat	1 g
Saturated fat	0 g
Cholesterol	1 mg
Sodium	344 mg
Carbohydrate	68 g
Dietary fiber	5 g
Total sugars	5 g
Added sugars included	1 g
Protein	11 g