

UCare Healthy Recipe

Cucumber Tomato Salad



Ingredients:

- 1 pint cherry tomatoes
- 1 medium cucumber
- ½ small red onion
- 2 teaspoon olive oil
- mint (*optional*)
- 1 small lime
- ⅛ teaspoon pepper

1. Chop cherry tomatoes in half and add to bowl. Tomatoes are a good source of the antioxidant lycopene which has been linked to reduce risk of cancer and heart disease.
2. Chop the cucumber the same size as the tomatoes. Keep the skin on your cucumber as this adds additional fiber. Cucumbers also provides vitamin C and potassium.
3. Chop red onion into fine pieces and add to bowl.
4. Add two tablespoons of olive oil to the mixture.
5. Squeeze lime over mixture.
6. Add mint leaves to the bowl.
7. Add ⅛ teaspoon or about a pinch of pepper.
8. Using a large spoon, stir to combine the mixture.
9. Taste! If it needs a little something else—add ⅛ teaspoon or about a pinch of salt.

You can eat this cucumber tomato salad as a quick snack or pair it with a lean protein like chicken or tofu and a whole grain like brown rice for a complete balanced meal! Serve immediately. Place any leftovers in a covered container and eat within 1 day.