

Cucumber Salad

Makes 6 servings | **Vegetables**

Ingredients

- 2 cucumbers
- 1 large tomato
- ¼ red onion
- ¼ green pepper
- 4 Tablespoons of light balsamic vinaigrette dressing

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Peel cucumbers and dice. Place in a bowl.
3. Dice tomato, onion, and bell pepper. Combine with cucumbers.
4. Add your favorite light balsamic vinaigrette dressing.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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