

Cucumber Tomato Salad

Just Say Yes to Fruits and Vegetables

This light and refreshing treat makes for a wonderful summer side.



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Cucumber Tomato Salad

Serves 6 • Serving: 1 cup



Try growing your own cucumbers and tomatoes in a summer garden.

Ingredients:

- 2 sliced cucumbers
- 3 chopped tomatoes
- 1 sliced onion
- ½ teaspoon chopped garlic
- ½ teaspoon oregano (optional)
- 1 tablespoon vegetable oil
- 3 tablespoons vinegar
- Salt and pepper, to taste

Directions:

1. Combine all ingredients in a medium bowl.
2. Chill for one hour.
3. Toss and serve. Enjoy!
4. Refrigerate leftovers.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

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