

Plum Cucumber Salad

Just Say Yes to Fruits and
Vegetables

So many nutritious and delicious fruits and vegetables, all in one salad!



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Serves 7 ▪ Serving: 1 cup

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To prepare ripe plums, allow them to sit and reach room temperature to allow for peak sweetness and juiciness!

Ingredients:

- 6 diced plums
- 1½ cups diced cucumbers
- ½ diced red onion
- 1 diced bell pepper
- ¼ cup chopped fresh cilantro (optional)
- 2 tablespoons balsamic vinegar or other vinegar
- 1 tablespoon vegetable oil
- Salt and pepper, to taste

Directions:

1. In a large bowl, combine plums, cucumber, onion, pepper, and cilantro.
2. In a small bowl, whisk vinegar, oil, salt, and pepper.
3. Add dressing to the large bowl and mix well.
4. Serve and enjoy!
5. Refrigerate leftovers.