

UNIVERSITY OF MARYLAND EXTENSION

Tomato Cucumber Salad

Servings: 4

Ingredients:

2 cucumbers, washed and chopped
1 tomato, washed and chopped
¼ onion, finely chopped
2 cups whole wheat couscous or brown rice
2 teaspoons chopped fresh dill, or ½ teaspoon dried dill
½ cup low-fat Italian salad dressing

Directions:

1. Cook couscous or brown rice according to package directions.
2. Toss together the cucumbers, tomato, onion, dill, couscous (or rice), and salad dressing.
3. Chill for 1 hour and serve.

Nutrition Facts

4 serving per container

Serving size 1/2 cup

Amount Per Serving

Calories **350**

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 73g **27%**

Dietary Fiber 1g **4%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 11g

Vitamin D 0mcg **0%**

Calcium 31mg **2%**

Iron 1mg **6%**

Potassium 330mg **8%**

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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