

Cucumber Salad with Tomatoes

One serving of this recipe provides at least one serving of fruits or vegetables. Get at least five servings of fruits and vegetables a day as part of a diet high in fiber and low in fat.

Ingredients:

- 2 cups diced **cucumber**
- 1 cup seeded and diced **tomato**
- 1/4 cup chopped **sweet onion**
- 2 cups cooked **couscous or rice**
- 2 teaspoons **dill weed**
- 1/2 cup low-fat **Italian salad dressing**

Directions:

1. Toss together the cucumber, tomatoes, onions, couscous or rice, dill weed, and salad dressing.
2. For best flavor, chill for 1 hour before serving.
3. Refrigerate leftovers within 2-3 hours.

Nutrition Facts

Serving Size 2/3 cup (101g)	
Servings Per Container 6	
Amount Per Serving	
Calories 35	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 1g	
Vitamin A 6%	• Vitamin C 10%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

6 servings, 2/3 cup each

Bright Ideas:

Source: Food Stamp Nutrition Connection's Recipe Finder at <http://foodstamp.nal.usda.gov/recipes.php>.
For more recipes and other resources on eating well for less, see our web site at
<http://www.healthyrecipes.oregonstate.edu>