

Cucumber Tomato Salad

Serves 4

1/2 medium cucumber, seeded and chopped
1 c chopped tomatoes
1/4 c onion, finely chopped
1 T parsley, finely chopped
1 T lemon juice
1 t sugar
2 t olive oil
1/4 t garlic powder
Pinch of salt



Combine all ingredients in a bowl and let marinate for at least 15 minutes.

Nutrition information per serving (about 1 cup): 45 calories, 2.5g fat, 1g protein, 6 g carbohydrate, 75mg sodium, 1g dietary fiber. Excellent source of vitamin C.



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