

Cucumber Salad with Tomatoes

Yield 4 servings

Ingredients

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

Instructions

1. Wash hands.
2. Toss together the cucumbers, tomatoes, onions, couscous (or rice), dill, and salad dressing.
3. Chill for 1 hour.
4. Serve.

Cost

Per recipe: \$2.25

Per serving: \$0.56

Source

Arizona Nutrition Network, Don't Play With Your Food: Spring and Summer Cookbook

Nutrition Facts	
Serving Size 1/4 of recipe (215g)	
Servings Per Container 4	
Amount Per Serving	
Calories 150	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 4g	
Vitamin A 8%	• Vitamin C 15%
Calcium 2%	• Iron 4%
*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 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	