

# CUCUMBER-TOMATO SUMMER SALAD

## INGREDIENTS

- 4-5 small pickling cucumbers
- 3 medium tomatoes
- 1/2 c. feta cheese crumbles
- 2 Tbsp. olive oil
- 1/4 tsp. coarsely ground salt



## INSTRUCTIONS

1. Dice cucumbers and tomatoes into 1/4-inch pieces. Leave peel on for extra fiber and nutrition. Add to medium-sized mixing bowl.
2. Mix veggies together and stir in feta cheese crumbles, olive oil, and salt.
3. Serve immediately or refrigerate for several hours to allow flavors to blend.

Serves 6 - Serving Size: 1 cup - Nutrients per serving: 112 calories -- 7g total fat -- 3g saturated fat -- 0g *trans* fat -- 10mg cholesterol -- 418mg sodium -- 7g total carbohydrates -- 1g fiber -- 4g sugar -- 5g protein -- [www.peasandhoppiness.com](http://www.peasandhoppiness.com)