



Cucumber Tomato Salad

6 Servings • 1 Serving = ½ Cup

INGREDIENTS

- ¼ cup apple cider vinegar
- ¼ cup olive oil
- 1 Tablespoon maple syrup
- ¼ teaspoon Dijon mustard
- ½ teaspoon salt (divided in half)
- ½ teaspoon pepper (divided in half)
- 1 clove garlic, minced
- 1 cucumber, sliced
- ½ cup cherry tomatoes, halved
- ½ cup white onion, thinly sliced

DIRECTIONS

1. In a mason jar, combine apple cider vinegar, olive oil, maple syrup, mustard, ¼ teaspoon salt, and ¼ teaspoon pepper. Mix well to combine.
2. In a large bowl, combine cucumber, tomatoes, and white onion. Add remaining salt and pepper and mix well to combine.
3. Pour vinaigrette over vegetables and mix.

Nutrition Facts

6 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	110
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0mg	0%
Potassium 139mg	2%
<small>*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.</small>	

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