

Tomato, Cucumber and Red Onion Salad

Makes 6 servings



2 large cucumbers, halved lengthwise, seeded and sliced
1/3 cup red wine vinegar
1 tablespoon sugar
1 teaspoon salt

3 large tomatoes, chopped
2/3 cup red onion, chopped
1/2 cup chopped fresh herbs
3 tablespoons olive oil
Pepper to taste

In a large bowl, toss together cucumbers, vinegar, sugar, and salt. Let stand at room temperature for 1 hour; stir occasionally. Add tomatoes, onion, herbs and oil to cucumbers and stir to blend. Season to taste with salt and pepper.

Recipe Source: Health Department of Northwest Michigan

Farmers Market Food Safety Tips

Produce can become contaminated with pathogens from the soil or from contaminated water. To protect your family:

- Wash hands thoroughly with soap and warm water for 20 seconds before and after handling fresh produce
- Refrigerate or chill most produce right away
- Thoroughly wash all fresh produce under cool, running water
- Scrub firm produce with a clean, hard-bristle brush
- Don't cross-contaminate produce with raw meat, fish, poultry or eggs

Nutritional Info Per Serving:

Calories 106; Fat 7 g; Cholesterol 0 mg; Sodium 200 mg; Carbohydrates 11 g; Fiber 2 g; Protein 2 g

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