Tomato, Cucumber & Red Onion Salad
Makes 6 servings

2 large cucumbers, halved length-wise, 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.
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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