

TOMATO-CUCUMBER SALAD WITH CITRUS-HERB VINAIGRETTE 10 minutes

Fresh tomatoes, cucumbers, and onions, dressed in a bright vinaigrette dressing served atop a bed of greens.

 10 minutes

 12 portions

INGREDIENTS

- 2 cups chopped tomatoes (the fresher, the better!)
- 1 small red onion, thinly sliced (soaked in ice water for at least 15 minutes)
- 1 cucumber, thinly sliced
- 2 cloves garlic, smashed and finely chopped
- 10 ounces fresh mixed greens (radicchio, arugula, spinach)
- 1 cup extra-virgin olive oil
- 1/4 cup freshly squeezed orange juice (juice of one orange) + zest from one orange
- 1/2 cup apple cider vinegar
- 1/2 teaspoon Kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 cup fresh chopped cilantro
- 3 teaspoons assorted dried herbs (dill, tarragon, oregano, parsley, basil)

COOKING METHOD

- 1° To prepare the vinaigrette; mix the olive oil, apple cider vinegar, orange juice + zest, garlic, salt, pepper, and herbs in a large bowl (dressing will separate after sitting) or a blender if you like a smooth consistency. Adjust seasonings to your taste.
- 2° Combine the tomatoes, onions, and cucumber in a medium sized bowl. Toss with half of the vinaigrette (save the rest for dressing later).
- 3° Rinse the greens and remove moisture with a towel. Place the washed greens in a large serving bowl. Top with the tomato mixture.
- 4° Serve the salad with the reserved marinade.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (110 g)	% DRI
ENERGY	164 kcal	180 kcal	9 %
FAT	16 g	18 g	28 %
FATTY ACIDS, TOTAL SATURATED	2 g	3 g	13 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	95 mg	105 mg	4 %
CARBOHYDRATE	4 g	4 g	1 %
SUGARS	2 g	2 g	—
FIBER	1 g	1 g	3 %
PROTEIN	1 g	1 g	—