



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Recipe provided by:

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Serving McLean, Livingston, & Woodford Counties
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Cool Cucumber Tomato Salad



1 cup cucumber, seeded, peeled and diced
1/4 cup red onion, chopped
3/4 cup Roma tomatoes, diced
1/2 Tablespoon jalapeno peppers, minced

1/4 cup red wine vinegar
1 Tablespoon fresh mint, chopped
Juice of 1/2 a lime
1/8 teaspoon salt

Instructions: Combine all ingredients in a medium bowl. Refrigerate and use within 3-4 days.

Yield: about 2 cups, 1/2 cup each

Nutrition Facts (per serving): 20 calories, 0 grams fat, 160 milligrams sodium, 4 grams carbohydrate, 1 gram fiber, 1 gram protein