

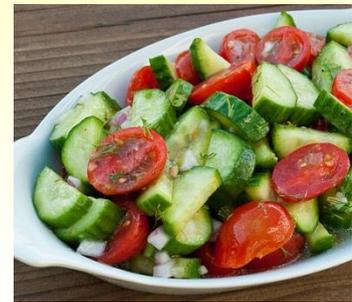


Cucumber Salad with Tomatoes

Yield: 4 servings

Ingredients:

- 2 cups cucumber (diced)
- 1 cup tomato (seeded and diced)
- 1/4 cup onion (chopped sweet)
- 2 cups couscous or rice, cooked
- 2 teaspoons dill weed (chopped dried or fresh)
- 1/2 cup Italian salad dressing, low-fat



Directions:

1. Wash hands.
2. Toss together the cucumbers, tomatoes, onions, couscous (or rice), dill, and salad dressing.
3. Chill for 1 hour.
4. Serve.

Nutrition Facts: Calories, 150; Calories from fat, 30; Total fat, 3.5g; Saturated fat, 0.5g; Trans fat 0g; Cholesterol, 0mg; Sodium, 280mg; Total Carbohydrate, 25g; Fiber, 2g; Protein, 4g; Vit. A, 8%; Vit. C, 15%; Calcium, 2%; Iron, 4%.

Source: <http://recipefinder.nal.usda.gov>

