Recipe of the Month – August 2020

Cool Cucumber Salad

Serves 2
Serving Size: 1 cup
Cost per Serving: $1.19

Ingredients:
1 cup grape tomatoes, halved
1 cup cucumber (quartered and sliced)
¼ cup onion, diced
¼ cup crumbled feta cheese
2 teaspoons oil, (canola, olive, vegetable)
1 Tablespoon lemon juice
¼ teaspoon ground black pepper

Directions:
1. Wash and cut tomatoes, cucumber, and onion. Stir together in a bowl.
2. Add cheese, oil, lemon juice, and ground black pepper. Stir until combined.
3. Store, tightly covered, in the refrigerator for 3 to 4 hours before serving. Stir well before serving.

Tips:
• This recipe can be doubled or tripled to make a larger batch.
• Add sliced black olives.
• Substitute apple cider vinegar or balsamic vinegar for the lemon juice.

Nutrition Facts per Serving: 120 calories, 9g total Fat (3.5g sat. fat), 15mg. Cholesterol, 180mg Sodium, 9g Carbohydrates, 2g Fiber, 5g Sugar, 4g Protein

Recipe compliments of Iowa State University Extension and Outreach:
Healthy & Homemade 2020 Nutrition & Fitness Calendar