

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*



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