



## Tomato & Cucumber Salad with Red Wine Vinaigrette

### U.S.

### Metric

#### *For the Salad:*

|          |  |          |
|----------|--|----------|
| 2 each   | Globe Tomatoes, cut into wedges          | 2 each   |
| 1 each   | Cucumber, cut into 1/2" thick half moons | 1 each   |
| 1/4 each | Red Onion, julienned (thinly sliced)     | 1/4 each |

#### *For the Vinaigrette:*

|          |  |          |
|----------|--|----------|
| 1/3 cup  | Red Wine Vinegar                               | 75mL     |
| 1 Tbsp   | Dijon Mustard                                  | 15g      |
| 2 tsp    | Honey  | 14g      |
| 1 Tbsp   | Shallots, chopped                              | 10g      |
| 1/4 tsp  | Kosher Salt                                    | 1.5g     |
| To taste | Black Pepper, ground                           | To taste |
| 1 cup    | Extra Virgin Olive Oil                         | 235mL    |
| 1 Tbsp   | Fresh Herbs (Thyme, Parsley, or Dill), chopped | 3.6g     |

### **Preparation:**

1. Gather all ingredients and equipment.
2. For the vinaigrette, place the vinegar, mustard, honey, shallots, salt, pepper, oil, and herbs in a blender. Start on a low speed then gradually increase to a high speed and blend until the dressing is smooth and looks creamy.
3. Toss the tomatoes, cucumbers, and onion together in a large bowl with 1/4 cup of dressing. The rest of the dressing can be stored in an airtight container in the refrigerator.

**\*\* Nutrition Facts on Reverse**

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## Nutrition Facts

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4 Servings

**Serving size**                    **1/2 cup**

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**Amount per serving**

**Calories**                        **70**

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|                           |        |
|---------------------------|--------|
| <b>Total Fat</b>          | 6 g    |
| Saturated Fat             | 1 g    |
| Trans Fat                 | 0 g    |
| Monounsaturated Fat       | 4 g    |
| <b>Cholesterol</b>        | 0 mg   |
| <b>Sodium</b>             | 25 mg  |
| <b>Total Carbohydrate</b> | 6 g    |
| Dietary Fiber             | 1 g    |
| Total Sugars              | 3 g    |
| Includes 0g Added Sugars  |        |
| <b>Protein</b>            | 1 g    |
| Vitamin D                 | 0 %    |
| Calcium                   | 0 %    |
| Iron                      | 2 %    |
| Potassium                 | 300 mg |
| Phosphorus                | 35 mg  |

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