



Tomato & Cucumber Salad with Red Wine Vinaigrette

U.S.

For the Salad:

2 each	Tomatoes, medium, cut into wedges
1 each	Cucumber, cut into 1/2" thick half moons
1/4 each	Red Onion, Julienned

For the Vinaigrette:

1/3 cup	Red Wine Vinegar
1 Tbsp	Dijon Mustard
2 tsp	Honey
1 Tbsp	Shallots, chopped
1/4 tsp	Salt, Kosher
to taste	Black Pepper, ground
1 cup	Olive Oil, extra virgin
1 Tbsp	Fresh Herbs (Thyme, Rosemary, or Dill), chopped (or 1 tsp dried)

Metric

2 each
1 each
1/4 each

75 mL
15 g
14 g
10 g
1.5 g
to taste
135 mL
3.6 g

Preparation:

1. Gather all ingredients and equipment.
2. For the Vinaigrette, Place vinegar, mustard, honey, shallots, salt, and pepper in a food processor.
3. Blend. While blending, slowly drizzle in the oil to emulsify.
4. Once blended, remove from processor. Place mixture in a medium bowl and fold in herbs.
5. Mix all ingredients for salad in a large bowl. Allow to chill for up to 24 hours and serve.
6. Refrigerate and enjoy! Leftovers keep for up to one week.

Nutrition Facts

6 Servings

Serving size **1 cup**

Amount per serving

Calories **190**

Calories from Fat 160

Total Fat 18 g

 Saturated Fat 2.5 g

 Trans Fat 0 g

 Monounsaturated Fat 13 g

Cholesterol 0 mg

Sodium 140 mg

Total Carbohydrate 8 g

 Dietary Fiber 1 g

 Total Sugars 5 g

 Includes 3g Added Sugars

Protein 1 g

Vitamin D 0 %

Calcium 2 %

Iron 2 %

Potassium 200 mg

Phosphorus 25 mg
