



Tomato & Cucumber Salad with Red Wine Vinaigrette

U.S.

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**

Nutrition Facts

7 Servings

Serving size **1 cup**

Amount per serving

Calories **50**

Total Fat	4 g
Saturated Fat	0.5 g
Trans Fat	0 g
Monounsaturated Fat	3 g
Cholesterol	0 mg
Sodium	35 mg
Total Carbohydrate	4 g
Dietary Fiber	<1 g
Total Sugars	2 g
Includes 0g Added Sugars	
Protein	<1 g
Vitamin D	0 %
Calcium	0 %
Iron	0 %
Potassium	200 mg
Phosphorus	20 mg
