



Marinated Cucumber & Tomato Salad

SERVINGS: 6

PREPPING TIME: 2 HRS & 15 MINS

COOKING TIME: 0 MINS

INGREDIENTS

- 1/3 cup apple cider vinegar
- 1/4 cup extra-virgin olive oil
- 1/4 cup chopped fresh basil
- 1/4 cup chopped fresh flat-leaf parsley
- 3 tbsp. balsamic vinegar
- 1/4 tsp. salt
- 1/2 tsp. ground pepper
- 5 medium tomatoes, cut into wedges
- 2 medium cucumbers, sliced or diced into chunks
- 1 cup thinly sliced red onion rings

DIRECTIONS

1. For the dressing, whisk apple cider vinegar, oil, balsamic vinegar, basil, parsley, salt, and pepper in a large bowl.
2. In a medium bowl, stir the tomatoes, cucumbers, and onion together.
3. Pour over the dressing and gently stir to coat.
4. Cover and marinate in the refrigerator, stirring once or twice, for at least 2 hours before serving.
5. Cover and refrigerate for up to 2 days. Toss to refresh before serving.

NUTRITION

Serving size: 1 cup (244g)
(per serving) 140 calories, 11g fat, 1.5g saturated fat, 0mg cholesterol, 170mg sodium, 10g carbohydrate, 2g fiber, 2g sugar, 2g protein