

Cucumber Salad

Recipe from [Celebrate Your Plate](#)

Prep Time: 15 minutes

Chilling Time: Approximately 1 hour

Makes approximately 6 ½ servings

Ingredients

Salad

- 3 small tomatoes, chopped
- 1 large cucumber, chopped
- 1/2 red onion, chopped small
- 1 medium green pepper, chopped small
- 1/3 cup fresh parsley, diced small OR 1 tablespoon dried parsley (optional)

Dressing

- 1/3 cup apple cider vinegar
- 1 tablespoon olive oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon pepper
- 1/2 teaspoon salt

Instructions

1. Before you begin, wash your hands, surfaces, utensils and vegetables.
2. Combine all salad ingredients in a large bowl and stir to combine.
3. For homemade dressing combine 1/3 cup apple cider vinegar, 1 tablespoon olive oil, 1/2 teaspoon garlic powder, 1/2 teaspoon pepper, 1/2 teaspoon salt and mix well. Instead of homemade dressing, you can substitute ½ cup of reduced sodium Italian dressing
4. 1/3 cup reduced sodium Italian dressing
5. Refrigerator for at least an hour before serving.