

MEDITERRANEAN CUCUMBER SALAD



SERVING SIZE

2



INGREDIENTS

ITEM

English Cucumbers, sliced into quarters
Medium Tomatoes, diced
Red Onion, finely diced
Fresh Parsley, loosely packed and finely chopped
Extra-virgin Olive Oil
Freshly Squeezed Lemon Juice
Salt

QUANTITY

2 (about 3 cups)
3 (about 3 cups)
1 (3/4 cup)
1 Cup
2 Tbsp.
2 Tsp.
To Taste



PREPARATION

- >Add cucumbers, tomatoes, red onion, and parsley to a large mixing bowl.
- In a small bowl, whisk together olive oil, lemon juice, and salt.
- Pour the dressing over the vegetables and toss gently to combine.
- Taste and adjust seasoning if needed.
- Serve immediately or chill for 10-15 minutes before serving. Enjoy!