



Elliott Evans Nutrition, LLC
Prevent and Protect
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SUMMER TOMATO, ONION & CUCUMBER SALAD

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(Makes 6 Servings)

- 3** tablespoons rice vinegar
- 1** tablespoon canola oil
- 1** teaspoon honey
- ½** teaspoon salt
- ½** teaspoon freshly ground pepper, or more to taste
- 2** medium cucumbers
- 4** medium tomatoes, cut into ½-inch wedges
- 1** Vidalia or other sweet onion, halved and very thinly sliced
- 2** tablespoons coarsely chopped fresh herbs, such as flat-leaf parsley, chives, and/or tarragon

- Whisk vinegar, oil, honey, salt and pepper in a large shallow bowl
- Remove alternating stripes of peel from the cucumbers. Slice the cucumbers into thin rounds.
- Add the cucumber slices, tomatoes and onion to the dressing; gently toss to combine. Let stand at room temperature for at least 30 minutes and up to 1 hour.
- Just before serving, add herbs and toss again.