

10 REFRESHING SUMMER SALADS FOR HOT DAYS

CLASSIC CUCUMBER TOMATO SALAD

INGREDIENTS

- 2 LARGE CUCUMBERS, SLICED
- 2 CUPS CHERRY TOMATOES, HALVED
- ¼ RED ONION, THINLY SLICED
- 2 TABLESPOONS OLIVE OIL
- 1 TABLESPOON RED WINE VINEGAR
- 1 TEASPOON ITALIAN SEASONING
- SALT & PEPPER TO TASTE

DIRECTIONS

1. COMBINE CUCUMBERS, TOMATOES, AND ONION IN A LARGE BOWL.
2. WHISK TOGETHER OLIVE OIL, VINEGAR, AND ITALIAN SEASONING.
3. POUR OVER VEGETABLES AND TOSS GENTLY.
4. REFRIGERATE FOR AT LEAST 30 MINUTES BEFORE SERVING.

SIMPLE TIPS

- GREAT FOR COOKOUTS.
- ADD FRESH MOZZARELLA FOR EXTRA FLAVOR.
- KEEPS WELL FOR MEAL PREP.

NUTRITION INFORMATION

MAKES: 6 SERVINGS **SERVING SIZE: 1 CUP**
PER SERVING (APPROX.)

CALORIES: 95

PROTEIN: 2G

CARBS: 9G

FAT: 6G

FIBER: 2G

SUGAR: 5G

SODIUM: 180MG

RECIPE INFO

PREP: 15 MIN

COOK: NONE

CHILL: 30 MIN

TOTAL: 45 MIN

DIFFICULTY: EASY

STORAGE

REFRIGERATE UP TO 3 DAYS.

BEST ENJOYED WITHIN 24–48 HOURS.

DO NOT FREEZE.

PAIRS WELL WITH

- GRILLED CHICKEN
- BURGERS
- STEAK
- FRUIT-INFUSED WATER

SIMPLE LIFE TIP

FRESH GARDEN VEGETABLES MAKE THIS SALAD EVEN MORE FLAVORFUL.

SERVING SUGGESTIONS


THESE REFRESHING SALADS ARE PERFECT FOR SUMMER COOKOUTS, FAMILY DINNERS, MEAL PREP, PICNICS, OR A LIGHT LUNCH. MOST SALADS TASTE EVEN BETTER AFTER CHILLING FOR 30 MINUTES, ALLOWING THE FLAVORS TO BLEND TOGETHER.

FOR A COMPLETE MEAL, PAIR WITH GRILLED CHICKEN, ROAST BEEF, TURKEY, OR ONE OF OUR REFRESHING FRUIT-INFUSED WATERS.

SIMPLE LIFE TIP

SIMPLE MEALS DON'T HAVE TO BE COMPLICATED.

PREPARING FRESH SALADS AHEAD OF TIME CAN MAKE HEALTHY EATING EASIER DURING BUSY WEEKS OR ON DAYS WHEN ENERGY IS LIMITED. KEEP CHOPPED VEGETABLES AND COOKED PROTEINS READY TO MIX AND ENJOY THROUGHOUT THE WEEK.

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