

## Tomato Basil Salad

### Ingredients:

2 cucumbers  
 3 tomatoes  
 1/2 red onion, sliced thin  
 1 clove garlic, minced  
 1 cup basil, fresh, coarsely chopped  
 1 tablespoon extra virgin olive oil

### Equipment:

Cutting board  
 Knife  
 Mixing bowl  
 Measuring cups  
 Measuring spoons

Number of Servings: 6  
 Prep Time: 20 minutes  
 Total Time: 20 minutes

### Directions

1. Wash and cut ends off of cucumbers. Cut into slices, stack and cut into quarters. Add to large bowl.
2. Wash tomato under running water and pat dry. To cut the core out of the tomato, place the tomato with the core up on the cutting board. Hold the tomato with one hand and insert a small, sharp paring knife into the tomato, next to the stem and just outside the core. Hold the knife steady while cutting. Point the knife at an angle towards the center of the tomato and create a full circle by rotating the tomato as you cut just around the stem. Pop out the core with the end of the knife. Turn tomato on its side and slice into 1/4 slices. Take half the slices and cut them across, turn and across again to get diced tomatoes. Repeat for other halves. Add to bowl.
3. Cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Save other half for other uses. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop into small pieces.
4. Place garlic cloves on a cutting board, and lay flat part of knife on top. Use heel of hand and slap knife to break the tough skin of clove. Peel off skin, and chop garlic into small pieces. Add to bowl.
5. Pull basil leaves off of stems and discard. Place leaves in a heap on the cutting board, and slice across the pile, turning the cutting board after every few cuts, until leaves are in small pieces. Add to bowl.
6. Drizzle olive oil on top of vegetables, and gently toss all ingredients together. Serve immediately, or lightly chilled.

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### Nutrition Facts

Serving Size: 1/2 cup

Servings: 8

Amount Per Serving

Calories 40      Calories from Fat 18

%Daily Value\*

Total Fat 2g      3%

Saturated Fat trace 1g      1%

Cholesterol 0mg      0%

Sodium 5mg      0%

Potassium 252mg      7%

Total Carbohydrate 5g      2%

Dietary Fiber 1g      6%

Protein 1g      2%

Vitamin A 13%      Vitamin C 24%

Iron 3%      Calcium 2%

\*Percent Daily Values are based on a 2,000 calorie diet.

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