

Tomato Cucumber Basil Salad

Ingredients:

2 tomatoes
 1 cucumber
 1/2 onion
 1/2 teaspoon vegetable oil
 1/4 cup white wine vinegar
 1 teaspoon salt
 1 teaspoon basil leaves, dried, crushed
 1 teaspoon tarragon, dried, crushed
 1/8 teaspoon pepper

Equipment:

Cutting board
 Knife
 Measuring spoons
 Salad bowl

 Number of Servings: 6
 Prep Time: 10 minutes
 Total Time: 10 minutes

Directions

1. 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 half, and other tomatoes. Add to shallow glass dish.
2. Wash a cucumber and place on cutting board. Cut off ends and slice into thin slices.
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. 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. Pull layers apart and add to dish. Add to dish.
4. In a small bowl, mix oil, vinegar, salt, basil, tarragon and pepper. Drizzle over vegetables. Stir well.
5. Chill, covered for 5-6 hours, and serve.

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Nutrition Facts

Serving Size: 1/2 cup

Servings: 6

Amount Per Serving

Calories 24 Calories from Fat 9

%Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 361mg 15%

Potassium 197mg 6%

Total Carbohydrate 5g 2%

Dietary Fiber 1g 4%

Protein 1g 2%

Vitamin A 8% Vitamin C 18%

Iron ? Calcium 2%

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

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