

# Tomato and Cucumber Salad With Red Wine Vinaigrette

**Yield: 6 servings**

## Ingredients

2 each tomatoes; medium, cut into wedges  
1 each cucumber, cut into ½" thick half-moons  
4 ounces red onion, julienned (¼ onion)

## Vinaigrette:

½ cup red wine vinegar  
1 tablespoon dijon mustard  
2 teaspoons honey  
1 tablespoon shallot; minced  
¼ teaspoon kosher salt  
⅛ teaspoon black pepper  
1 cup olive oil  
1 tablespoon each of herbs, rosemary and thyme, chopped, or 1 teaspoon dried

## Instructions

1. For the Vinaigrette, place vinegar, mustard, honey, shallots, salt, and pepper in a food processor or blender.
2. While blending, slowly drizzle in the oil to emulsify.
3. Once blended, remove from processor or blender. Place mixture in a medium bowl and fold in herbs.
4. Mix all ingredients for salad in a large bowl.
5. Refrigerate and enjoy! Leftovers keep for up to one week.

## Nutrition Information

**Serving Size: 1 cup**  
Calories: 190  
Total Fat: 18 g  
Saturated Fat: 2.5 g  
Monounsaturated Fat: 13 g  
Sodium: 140 mg  
Total Carbohydrate: 8.0 g  
Dietary Fiber: 1 g  
Sugars: 5 g  
Protein: 1 g

Source: Goldring Center for Culinary Medicine

Presented by  
Culinary Medicine

SPECTRUM HEALTH

