

Tomato and Cucumber Salad With Red Wine Vinaigrette

Yield: 6 servings

Ingredients

For the Vinaigrette:

¼ cup red wine vinegar
¼ cup extra-virgin olive oil
1 tablespoon Dijon mustard
1 tablespoon minced shallot
2 teaspoons honey
1 teaspoon dried rosemary
1 teaspoon dried thyme
¼ teaspoon kosher salt
⅛ teaspoon black pepper

For the Salad:

2 medium tomatoes; cut into wedges
1 cucumber; cut into ½" thick half-moons
¼ cup thinly sliced red onion

Instructions

1. Place all of the Vinaigrette ingredients in a food processor or blender and blend until well combined.
2. Place all of the salad ingredients in a medium sized bowl and stir in enough dressing to your desired taste.

Nutrition Information

Serving Size: 1 cup

Calories: 107
Total Fat: 9.2 g
Saturated Fat: 1.3 g
Monounsaturated Fat: 6.6 g
Sodium: 84.6 mg
Total Carbohydrate: 6.1 g
Dietary Fiber: 1.0 g
Sugars: 4.0 g
Protein: 1.0 g

Source: Health Meets Food



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