



## FRESH CUCUMBER AND TOMATO SALAD

Intermediate Lifestyle

### Ingredients

3 cups peeled, thinly sliced cucumbers  
1/2 cup slivered green peppers .  
2 slivered green onions  
2 TBS olive oil  
1 TBS lemon juice .  
salt substitute or Morton's Lite Salt (50% less sodium) and pepper  
slivered peel of 1/2 orange (avoid the white pith)  
1/4 cup finely chopped fresh mint  
1-1/2 cups coarsely chopped fresh tomatoes

### Instructions

1. Combine the first 6 ingredients in a mixing bowl. Toss gently, then add the slivered peel and chopped fresh mint.
2. Stir gently with fork, cover and chill. Bring to room temperature. Check seasoning, and toss again before serving. Mount in serving dish and top in a peak with the 1-1/2 cups chopped fresh tomatoes.

Portion-Per-Serving Information (Yields 8 appetizer servings):

Serving = 3/4 cup = 1 V