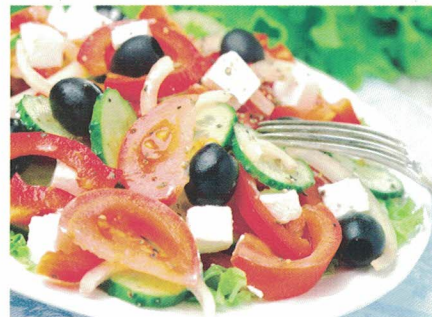


# Tomato Cucumber Salad with Yogurt Sauce

SERVES 8

## Ingredients

- 2 cucumbers
- 4 Roma tomatoes
- 1 red or green bell pepper
- 2 green onions
- ½ cup black olives
- ¼ cup chopped fresh parsley
- 3 tablespoons fresh lemon juice
- 3 tablespoons olive oil
- ¼ cup fresh mint leaves
- 2 cups plain yogurt
- ¼ teaspoon salt
- ⅛ teaspoon black pepper

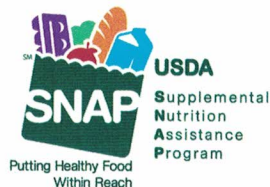


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## Directions

1. Make the tomato cucumber salad: Peel the cucumber and slice lengthwise in half. Cut the cucumber into ¼-inch thick slices. Cut the tomatoes into ½-inch pieces. Put the tomatoes and cucumbers into a bowl.
2. Remove the seeds and cut the bell pepper into quarters. Dice into ¼-inch pieces. Trim both ends of the green onions and cut into thin slices. Add the bell pepper and green onions to the cucumbers and tomatoes.
3. Rinse the olives and add to the vegetables. Chop the parsley. Stir in the chopped parsley, lemon juice and olive oil. Set the salad aside.
4. Make the yogurt sauce: Mince the mint leaves. In a bowl, stir together the yogurt, mint, salt and pepper. Mix the yogurt sauce in with the tomato cucumber salad.



Source: Cooking with Kids

Funded in part by the Pennsylvania (PA) Department of Human Services (DHS) through PA Nutrition Education Tracks, a part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DHS toll-free Helpline at 800-692-7462. USDA is an equal opportunity provider and employer.