

**Celebrate
National Nutrition
Month®**



**SAVOR
THE FLAVOR
OF EATING
RIGHT**

NATIONAL NUTRITION MONTH® 2016

eat
right
Academy of Nutrition
and Dietetics
www.eatright.org

Arbor Recipe of the Week!

Featuring: Marinated Cucumber **Tomato** Salad

Makes: 4 **Serving Size:** 1 cup **Prep Time:** 10 minutes **Marinate Time:** 1 hour

Ingredients:

2 cups	Cucumber, <i>washed, sliced, halved</i>	1 clove	Garlic, <i>minced</i>
2 cups	Cherry Tomatoes, <i>washed, halved</i>	½ tsp	Sugar
3 Tbsp	Olive Oil	pinch	Salt
1½ Tbsp	White Rice Vinegar	1 Tbsp	Fresh Basil or Dill (optional)

Directions:

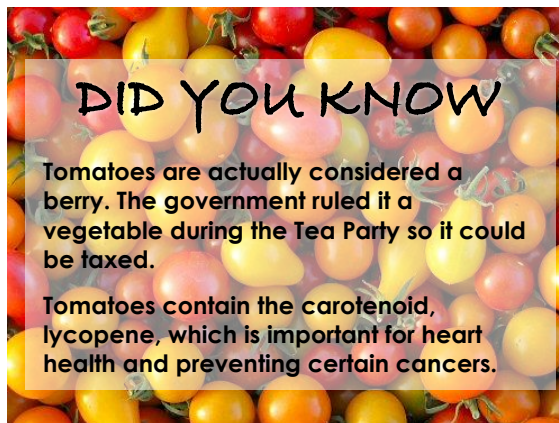
1. Wash cucumbers and tomatoes and pat dry.
2. Slice and halve cucumbers into half-moons. Halve tomatoes.
3. Whisk oil, vinegar, garlic, sugar, and salt in a large bowl. Add cucumbers and tomatoes and toss to coat. Add fresh herbs if desired.
4. Cover and chill for at least 1 hour for best flavor.

Suggestions:

- 🌱 Try using different vinegars, such as balsamic or cider vinegar.
- 🌱 When in a time crunch, use a premade dressing, such as an Italian or Greek Vinaigrette.

Nutrition Facts

Serving Size 1 CUP	
Servings Per Container 4	
Amount Per Serving	
Calories 115	Calories from Fat 90
% Daily Values*	
Total Fat 10g	15%
Saturated Fat 1.4g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Potassium 215mg	6%
Sodium 44mg	2%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 1g	2%
Vitamin A 15%	• Vitamin C 20%
Calcium 2%	• Iron 2.5%
Vitamin K 13%	



DID YOU KNOW

Tomatoes are actually considered a berry. The government ruled it a vegetable during the Tea Party so it could be taxed.

Tomatoes contain the carotenoid, lycopene, which is important for heart health and preventing certain cancers.

arbor Management
Inc.

