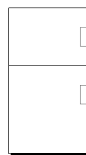


Fix It Fresh! Fruits and Vegetables Recipes Series

Recipe Category: Side Dishes (Cold)



A child could wash the vegetables and shake the mixture.



Fresh Cucumber Salad with Mustard Chive Dressing

Yield: 4 servings

- 1/2 medium cucumber, sliced into rounds
- 1/2 medium red sweet bell pepper, cut into bite size strips
- 8 cherry tomatoes or bite size tomato wedges
- 2 teaspoons grainy mustard, Dijon-style
- 1/4 cup finely chopped fresh (or 1 1/2 tablespoons dried) chives
- 1 tablespoon vinegar
- 1 teaspoon honey
- 1 1/2 tablespoons salad oil
- 1/8 teaspoon salt
- 1/8 teaspoon ground pepper
- 3 cups cleaned, torn lettuce and/or fresh spinach leaves

1. Wash your hands and work area.
2. Rinse and prepare cucumber, bell pepper and tomatoes. Combine in a small bowl.
3. In a jar with a tight fitting lid, combine remaining ingredients except lettuce/spinach, and shake well.
4. Pour dressing over vegetable mixture. Cover and refrigerate for 2 hours or more to allow flavors to blend.
5. Just before serving, arrange 3/4 cup torn lettuce and/or spinach leaves in each of 4 serving bowls or small plates.

(continued on reverse side)



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This low sodium tossed salad is high in vitamins C and A. (The nutrition facts label shows nutrients when iceberg lettuce is used. It has even more nutrients if made with fresh spinach.)

Nutrition Facts

Serving Size 1 cup (157g)
Servings Per Container 4

Amount Per Serving

Calories 80 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 115mg **5%**

Total Carbohydrate 7g **2%**

Dietary Fiber 2g **8%**

Sugars 5g

Protein 1g

Vitamin A 25% • Vitamin C 50%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

1/2 carbohydrate choice
per serving

Diabetic exchanges per
serving: 1 vegetable and
1 fat

Recipe modified by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition. **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS.**

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Fresh Cucumber Salad with Mustard Chive Dressing *(continued)*

6. Using a slotted spoon, serve vegetable mixture over leaves. Drizzle more dressing on to taste.
7. Cover and refrigerate leftovers within 2 hours.

Original recipe from Watch Your Garden Grow, University of Illinois Extension, www.urbanext.uiuc.edu