

Quick Summer Salad



Ingredients:

- 1 cucumber, peeled and cubed
- 1 red onion, peeled and diced
- 2 tomatoes, diced
- 1 clove garlic, minced
- 1/4 cup lemon juice
- 1 tablespoon canola oil
- 1/4 teaspoon salt
- Pepper, to taste

Directions:

1. Add cucumbers, onions, garlic, and tomato to a large bowl.
2. Stir in lemon juice, salt, and pepper until well mixed.
3. May be served at room temperature or chilled.

Makes 6 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>