

# Tomato and Cucumber Salad With Red Wine Vinaigrette

**Yield: 6 servings**

## Ingredients

2 each tomatoes; medium, cut into wedges

1 each cucumber; cut into ½" thick half-moons

4 ounces red onion; julienned (¼ onion)

## For the Vinaigrette:

½ cup red wine vinegar

1 tablespoon dijon mustard

2 teaspoons honey

1 tablespoon shallot; minced

¼ teaspoon kosher salt

⅛ teaspoon black pepper

1 cup olive oil

1 tablespoon each of herbs; rosemary and thyme, chopped, or 1 teaspoon dried

## Instructions

1. For the Vinaigrette, place vinegar, mustard, honey, shallots, salt, and pepper in a food processor or blender.
2. While blending, slowly drizzle in the oil to emulsify.
3. Once blended, remove from processor or blender. Place mixture in a medium bowl and fold in herbs.
4. Mix all ingredients for salad in a large bowl.
5. Refrigerate and enjoy! Leftovers keep for up to one week.

## Nutrition Information

**Serving Size: 1 cup**

Calories: 190

Total Fat: 18.0 g

Saturated Fat: 2.5 g

Monounsaturated Fat: 13.0 g

Sodium: 140 mg

Total Carbohydrate: 8.0 g

Dietary Fiber: 1.0 g

Sugars: 5.0 g

Protein: 1.0 g

Source: Goldring Center for Culinary Medicine

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