

## **Minted Cucumber Salad**

Debbie Purdue - Westland, MI

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**Servings: 6**

**2 large cucumbers, chopped**  
**2 cups seeded tomatoes, chopped**  
**1/2 cup fresh mint, minced**  
**1/2 cup fresh parsley, minced**  
**1/2 cup green onions, thinly sliced**  
**1/4 cup lemon juice**  
**1/4 cup olive oil**  
**1 teaspoon salt**  
**1/4 teaspoon pepper**

In a bowl, combine the cucumbers, tomatoes, mint, parsley and green onions.

In a separate bowl, whisk together the lemon juice, olive oil, salt and pepper.

Add the dressing to the cucumber mixture. Toss to coat.

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Per Serving (excluding unknown items): 103 Calories; 9g Fat (76.2% calories from fat); 1g Protein; 5g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 364mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Fruit; 2 Fat.