



# AFGHAN SALAD

SERVES: 6 | SERVING SIZE: ~3/4 cup

## SELECTION AND STORAGE

Because they come in so many colors, tomatoes may be ripe when they are red, green, yellow, or pink. Press lightly with your fingers to test ripeness.

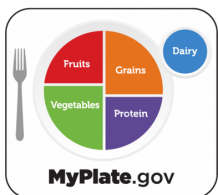
Tomatoes should be firm - not too squishy and not rock hard.

Tomato skin should be free of any nicks or cuts.

Store tomatoes at room temperature, don't refrigerate, as this will degrade the tomato texture and flavor.

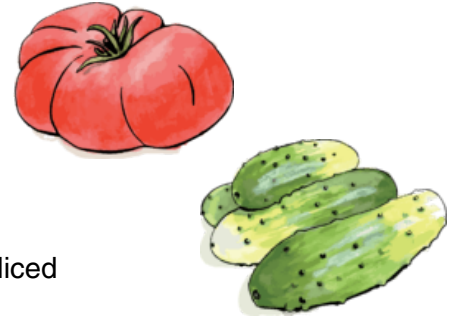
## DID YOU KNOW

Tomatoes are full of the antioxidant, lycopene, which helps protect against damage to cells and contributes to eye health.



## INGREDIENTS

- 3 medium Roma tomatoes, diced
- 1 English cucumber, diced
- 1/2 bunch cilantro, chopped
- 1 medium sweet onion, diced or thinly sliced
- Juice of 1 lemon
- 1 tsp. salt
- 1 package of fresh mint, chopped (optional)
- 1 Tbsp. canola oil (optional)



## DIRECTIONS

1. Mix all ingredients together in a medium sized bowl. Serve as an accompaniment to other dishes.

## NUTRITION INFORMATION

Calories-48   Total Fat-2.6g   Saturated Fat-0.2g   Trans Fat-0g  
Cholesterol-0mg   Sodium-383mg   Total Carbohydrate-6g  
Fiber-1.5g   Total Sugar-3g   Protein-1.2g

**MyPlate Key Message:** Dietary fiber from vegetables, as part of an overall healthy diet, helps reduce blood cholesterol and may lower risk of heart disease.

*Recipe tested by the UNL Nutrition Education Program as part of the FY 2023 Team Nutrition grant project. This project was funded using U.S. Department of Agriculture grant funds. This institution is an equal opportunity provider.*

*Visit the Nebraska Department of Education Farm to School website for more information and resources*

<https://www.education.ne.gov/ns/farm-to-school/harvest-of-the-month/>

