

## Cucumber Salad with Tomatoes



### Ingredients:

- 2 cups cucumber, diced
- 1 medium tomato, seeded and diced
- 1/4 cup sweet onion, chopped
- 2 cups brown rice or couscous, cooked
- 2 teaspoons dried dill
- 1/2 cup low-fat Italian salad dressing

### Directions:

1. In a large bowl, toss together the cucumbers, tomatoes, onions, brown rice (or couscous), dill, and salad dressing.
2. Chill for at least 1 hour.
3. Serve.

Makes 4 servings.



**Tarrant County Public Health**  
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