Tomato Cucumber Salad

Servings: 4

Prep: 20 minutes
Cook: 0 minutes
Ready: 20 minutes
Rest Time: 1 hour, optional

Ingredients

2 cups cooked brown rice

2 cups ripe tomatoes, chopped

2 cups cucumbers, peeled (optional) and chopped

1 cup red, yellow or orange bell peppers, chopped

½ cup red onion, thinly sliced

¼ cup fresh mint, chopped

¼ cup fresh parsley, chopped

½ cup olive oil

4 TBSP fresh lime juice, or to taste

¼ tsp salt, or to taste

¼ tsp black pepper, or to taste

Hydrating Foods

Tomatoes, cucumbers, and bell peppers contain over 90% water to help you stay hydrated.

Rice absorbs a lot of water in the cooking process for surprising hydration benefits.

Eat hydrating foods and drink plenty of water to keep from feeling thirsty. Our brain does not recognize signs of thirst until we have lost about 1% of our body's water content. This can negatively effect energy levels, digestion, muscles, and flexibility.

What you'll need

measuring spoons

measuring cups

large bowl

Tomato Cucumber Salad

Instructions

1. Mix the cooked rice **(2 cups)** with tomatoes **(2 cups)**, cucumber **(2 cups)**, bell pepper **(1 cup)**, red onion **(½ cup)**, mint **(¼ cup)** and parsley **(¼ cup)**.

2. Thoroughly combine the olive oil **(½ cup)**, lime juice **(4 TBSP)**, salt **(¼ tsp)** and pepper **(¼ tsp)** for the dressing.

3. Toss the salad with the dressing.

4. Serve immediately or let the finished salad sit in the refrigerator for up to one hour to blend flavors. Adjust seasoning and amount of dressing as desired.

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Nutrition Facts

Servings 4

Amount Per Serving

Calories	**386**

	% Daily Value
Total Fat 28g	**43**%
Saturated Fat 4g	**19**%
Monounsaturated Fat 20g	
Polyunsaturated Fat 3g	
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 155mg	**6**%
Potassium 348mg	**10**%
Total Carbohydrate 31g	**10**%
Dietary Fiber 4g	**18**%
Sugars 5g	
Protein 4g	**8**%
Vitamin A	**44**%
Vitamin C	**58**%
Calcium	**15**%
Iron	**4**%