

Tomato and Cucumber Salad



Totals for the entire recipe:

Calories 200 Fat 2.5g Fiber 11g Carbs – 45g

What you'll need:

- 4 Medium sized ripe tomatoes chunky chopped
- ½ Small red onion sliced with slices separated
- 2 Medium-large cucumbers diced (I remove the seeds but if you don't mind them then leave them in. I find that the seeds make a salad soupier than I like it)
- 1/8 Cup Balsamic Vinegar
- Garlic salt
- Pepper
- Oregano
- Basil

Large salad bowl for mixing and serving

Now let's get to cookin'!

1. Prepare all ingredients above accordingly.
2. Place in bowl and pour Balsamic Vinegar over this.
3. Toss several times until thoroughly mixed.
4. Add your seasonings to taste and toss several more times. *I like my salad salty but some folks have to watch their salt intake and you know who you are so be sure to take that in to account.*

This will make enough to serve 4 small salads OR 2 medium - large salads OR 1 humongous salad!

And if you're wondering why I put the total calories listed as a total for the entire bowl, you just might want to make this huge salad for yourself and eat the whole thing for dinner. I'm not advocating that, I'm just saying that when I've been in one of those moods where I knew I was going to eat everything in site, this is a great thing to have prepared that fills you up so much you might avoid the things that need avoiding. It's hard to eat anything else once you've eaten this much.

Another great **Kitty's Lighter Weigh** recipe!