

# Cucumber and Radish Salad



Michigan Restaurant & Lodging Association  
EDUCATIONAL FOUNDATION

**MRLAEF**

## Ingredients#

2 c. diced cucumbers, remove peels if desired.

$\frac{3}{4}$  c. diced radishes

$\frac{1}{2}$  cup diced onion

3 Tbsp fresh basil

3 Tbsp fresh parsley

3 Tbsp fresh tarragon

Dressing

$\frac{1}{2}$  c. olive oil

3 Tbsp red wine vinegar

2 tsp Dijon mustard

1 tsp black pepper

## Directions#

**Dressing-** in a large bowl mix vinegar, mustard, and pepper. Slowly whisk in olive oil.

**Chop or tear up the herbs, put all the ingredients in the bowl and mix well.**

**If using dried herbs blend well with the dressing before adding the other ingredients.**

**Any herb selection will work with this recipe.**

**Add a grain to make a delicious bowl or use to top fresh greens.**

## Nutritional Information

Calories per serving

Total Fat

Saturated Fat

Cholesterol

Sodium

Total Carbohydrates

Dietary Fiber

Protein

## Servings 4-6

163

17g

2.4g

0mg

28mg

3.6g

0.9g

0.9g