



K-KITCHEN
MONTHLY RECIPES + NUTRITION COACHING

Ingredients

- 1 qt. cherry or grape tomatoes
- 1 large English cucumber
- ½ sliced red onion
- ½ small carton crumbled feta cheese
- Balsamic vinegar
- Olive oil
- Salt/pepper to taste

Tomato, Cucumber & Feta Salad

Preparation

1. Slice tomatoes in half. Thinly slice cucumber and onion and arrange in a bowl. Gently stir in feta, vinegar, oil, salt and pepper.
2. Refrigerate for 1-2 hours before serving for best results.

Tips

Veggies can easily be served on a bed of greens or quinoa.