



Tomato Cucumber Salad with Ben's Original™ 10 Medley
RECIPE

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<?xml version="1.0"?>

TIME

20 min

INGREDIENTS

9 items

MAKES

2 servings

Created in partnership with Chef Shenarri Freeman, this is a flavor-packed salad that is as hearty as it is light and refreshing, packed with plenty of plants and whole grains to keep you feeling energized.

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INGREDIENTS

DRESSING

- 2 Tbsp. balsamic vinegar
- 2 Tbsp. extra virgin olive oil
- 1 Tbsp. pure maple syrup
- 1 tsp. dijon mustard
- 1 pinch salt

SALAD

- 1 large beefsteak tomato, sliced
- ½ cup cucumber, sliced
- ½ cup Ben's Original™ 10 Medley Tomato & Herbs, no cooking necessary
- 4 basil leaves for garnish

PRODUCTS USED



BEN'S ORIGINAL™ 10 MEDLEY Tomato & Herbs

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INSTRUCTIONS

1.
To make dressing, add all ingredients into a small, lidded jar. Close tightly and shake vigorously to mix.
2.
To make salad, assemble all ingredients on a plate including Ben's Original™ 10 Medley Tomato & Herbs (no cooking necessary), garnish with basil leaves and dress with maple balsamic dressing.

NUTRITION

- CALORIES: 270
- TOTAL FAT: 4g - 5%
- SATURATED FAT: 0.5g - 3%
- TRANS FAT: 0g
- CHOLESTEROL: 0mg - 0%
- SODIUM: 310mg - 13%
- TOTAL CARBOHYDRATES: 51g - 19%
- DIETARY FIBER: 7g - 25%
- TOTAL SUGARS: 14g
- PROTEIN: 6g

Categories:

[Easy](#), [Family-friendly](#), [Healthy Options](#), [Vegetarian](#)

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Cooking time

20 min

Ingredients

7 items

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Cooking time

17-20 mins

Ingredients

14 items

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Cooking time

20

Ingredients

10 items

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