

Vegan Healthy Vegetable Salsa

Description

Extremely easy to prepare.

Prep/total time: Ten minutes

Servings: 4

Ingredients

- 1 cucumber, peeled (10.6 oz)
- 2 cups of tomatoes, diced (10.6 oz)
- 1/2 red onion (1.8 oz)
- 2 tablespoons of fresh lime or lemon juice
- 1/4 cup of extra virgin olive oil (2 FL oz)
- 2 cloves of garlic, crushed
- 2 tablespoons of freshly chopped cilantro, parsley, or basil Pepper and salt to taste

Instructions

1. First, peel and chop the cucumber, then peel and slice the onions. Chop the tomatoes into tiny pieces.
2. Pour the tomatoes, cucumber, and onion into a bowl and make the vinaigrette. In another bowl, combine the lemon juice, olive oil, and crushed garlic. Then pour the vinaigrette over the veggies.
3. Chop the parsley and pour into the vegetable mixture. Then add in pepper and salt. Serve.