

Fresh Roma Tomato and Cucumber Salad



This refreshing salsa consists of fresh Roma tomatoes and cucumber makes a good evening snack. Adding red wine vinegar gives a nice kick. Eating salsa with tortilla chips was amazing.

Ingredients

- 2 Roma Tomatoes(Chopped into large chunks)**
- 1 Medium Size Cucumber(Diced)**
- 1/2 Cup of Finely Chopped Red Onion**
- 1 Tbsp of Chopped Garlic or Garlic powder**
- 3-4 Jalapenos**
- 2 Green Olives**
- 1 Tbsp of Olive Oil**

1 Tbsp of Red Wine Vinegar
1 Tbsp of Lemon Juice
Kosher Salt as required
3 Tbsp of Chopped Cilantro
Tortilla or Pita Chips, for serving

Method

- In a medium size bowl, combine tomatoes, cucumber, onions, garlic, jalapenos, cilantro and olives.
- In a small bowl, beat oil and vinegar with a whisk or fork until well emulsified, add lime juice and salt to taste.
- Pour the dressing over the tomato mixture and toss thoroughly. Chill for 30 minutes before serving.

Tips

- Serve with tortilla chips or pita chips.
- You can add any vegetables if you want.



Health Benefits of Roma Tomato and Cucumber

- Roma tomatoes are rich in antioxidants
- Cucumber aids in digestion and keep your skin hydrated.
- Both are rich in vitamin A, B, C and K

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