

Lunch | Side

Mediterranean Cucumber and Tomato Salad

20 Mins Prep Time

0 Mins **Cook Time** **Servings**

236 Calories 15g Fat 20g Carbs 9g Protein



Ingredients

Servings



20 Mins Total Time



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½ Medium Red Onion	Kosher Salt, to taste
1/4 Cup Red Wine Vinegar	1 Lemon, zested and juiced
1 Tsp Honey	1 Tsp Dried Oregano
1/4 Cup Extra Virgin Olive Oil	
4 Medium, Vine-Ripened Tomatoes, chopped 💖	
1/2 Cup Kalamata Olives, halved and pitted	
1 English Cucumber, halved lengthwise and then cut into half moons	
1 Can (15 oz.) Cannellini Beans, drained and rinsed 🖤	
½ Cup Crumbled Feta Cheese	

Allergen Swap

Salt and Pepper, to taste

Dairy Replace feta cheese with a dairy-free version or omit

Nourishment Note



Tomatoes

Tomatoes are rich in antioxidants, particularly lycopene. Lycopene has been shown to reduce the risk of heart disease, a condition common in those with RA.



Txtra Virgin Olive Oil

Extra virgin olive oil contains monounsaturated fats. This type of fat may help to reduce inflammation associated with rheumatoid arthritis.



Oucumbers

Cucumbers contain a variety of nutrients and a polyphenol called lignin. Studies show that a diet high in lignin is protective against heart disease, a common condition in those with RA.



© Cannellini Beans

Cannellini beans are rich in folate, an important nutrient for those with RA as certain types of drugs increase your folate needs.



Instructions

1. Soak Onion

Make a bowl of salted ice water and soak the thinly sliced red onion for 15 minutes.

2. Whisk Together Vinaigrette

Whisk together the vinegar, lemon juice, lemon zest, honey and dried oregano. Add $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper. Whisk in the olive oil until well mixed.

3. Assemble Salad

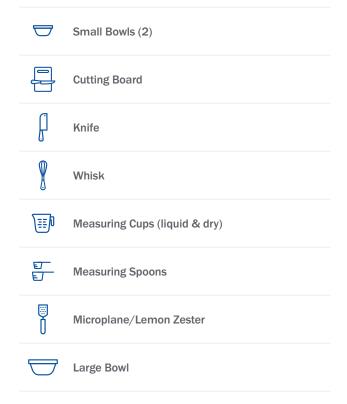
In a large bowl, add the chopped tomatoes, olives, cucumbers, and cannellini beans. Pour vinaigrette over vegetables and mix thoroughly.

4. Garnish & Serve

Sprinkle with feta cheese and adjust salt and pepper as needed.

Recipe adapted from foodnetwork.com

What You'll Need



RA Cooking Tips

- Onion Try using a mandoline or purchasing pre-cut onions.
- · Lemon Omit zest and purchase lemon juice.
- Kalamata Olives Purchase jarred olives that are precut with the pit removed. Use a jar opener to open lid.
- English Cucumber Try cutting with a mandoline.
- Canned Beans Open with an electric can opener.