

Lunch | Side

# Mediterranean Cucumber and Tomato Salad

**20 Mins**  
Prep Time

**0 Mins**  
Cook Time

**6**  
Servings

≡ 236 Calories 15g Fat 20g Carbs 9g Protein



## Ingredients

6 Servings 20 Mins Total Time Allergens: Dairy

½ Medium Red Onion	Kosher Salt, to taste
¼ Cup Red Wine Vinegar	1 Lemon, zested and juiced
1 Tsp Honey	1 Tsp Dried Oregano
¼ Cup Extra Virgin Olive Oil	
4 Medium, Vine-Ripened Tomatoes, chopped	
½ 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	
Salt and Pepper, to taste	

### Allergen Swap

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.



#### Extra Virgin Olive Oil

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



#### Cucumbers

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](https://www.foodnetwork.com)

## What You'll Need



Small Bowls (2)



Cutting Board



Knife



Whisk



Measuring Cups (liquid & dry)



Measuring Spoons



Microplane/Lemon Zester



Large Bowl

### 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 pre-cut 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.