

PLUM CUCUMBER SALAD

Allow plums to sit and reach room temperature for peak sweetness and juiciness!



**food
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of the Southern Tier

Just Say Yes

To Fruits & Vegetables

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FIDELIS CARE

PLUM CUCUMBER SALAD

SERVES 7 • SERVING: 1 CUP

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INGREDIENTS:

- 6 diced plums
- 1½ cups diced cucumbers
- ½ diced red onion
- 1 diced bell pepper
- ¼ cup chopped fresh cilantro (optional)
- 2 tablespoons balsamic vinegar or other vinegar
- 1 tablespoon vegetable oil
- Salt and pepper, to taste

DIRECTIONS:

1. In a large bowl, combine plums, cucumber, onion, pepper, and cilantro.
2. In a small bowl, whisk vinegar, oil, salt, and pepper.
3. Add dressing to the large bowl and mix well.
4. Serve and enjoy!
5. Refrigerate leftovers.

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Recipe provided in partnership by the Food Bank's Just Say Yes to Fruits & Vegetables Program as funded through the USDA's Supplemental Nutrition Assistance Program – SNAP.