



Tomato and Cucumber Pesto Salad

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
2-3	English cucumbers, diced	2-3
10-15	tomatoes, diced	10-15
¼ - ½ cup	pesto	60-125 mL
3 Tbsp	vegetable or olive oil	45 mL
1 tsp	salt	5 mL
	Optional ingredients:	
	olives	
	red peppers, diced	

Note: Nutrition Information is on page 2.

Instructions

1. Combine cucumber, tomatoes, and pesto in a medium bowl and toss until combined.
2. Add olive oil, salt, and diced red peppers.
3. Divide between serving bowls. Refrigerate until serving.

Nutrition Information

Serving 49 g

Calories 20

Fat 1.5 g

Saturated 0 g

+ Trans 0 g

Sodium: 85 mg

Carbohydrates: 2 g

Fibre 1 g

Sugars 1 g

Protein 0 g

Calcium 0 mg

Iron 0 mg

Food Guide Servings

1 Vegetable & Fruit