



Tomato Cucumber Salad with Ben's Original™ 10 Medley  
RECIPE

## Tomato Cucumber Salad with Ben's Original™ 10 Medley



<?xml version="1.0"?>

TIME

10 minutes

INGREDIENTS

9 items

MAKES

2 servings

A flavour-packed salad that is as hearty as it is light and refreshing, packed with plenty of plants and whole grains to keep you feeling energized.

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## INGREDIENTS

- Dressing ingredients:
- 2 Tbsp. balsamic vinegar
- 2 Tbsp. extra virgin olive oil
- 1 Tbsp. pure maple syrup
- 1 tsp. Dijon mustard
- 1 pinch salt
- Salad ingredients:
- 1 large beefsteak tomato, sliced
- ½ cup cucumber, sliced
- ½ cup Ben's Original™ 10 Medley Tomato & Herbs, no cooking necessary
- 4 basil leaves for garnish

## INSTRUCTION

- 1  
To make dressing, add all ingredients into a small, lidded jar. Close tightly and shake vigorously to mix.
- 2  
Assemble all ingredients on a plate including Ben's Original™ 10 Medley Tomato & Herbs (no cooking necessary), garnish with basil leaves and dress with maple balsamic dressings.

## NUTRITION

### DESCRIPTION AMOUNT PER SERVING

- Calories 270
- Carbohydrates (g) 51 g
- Dietary Fiber (g) 7 g

- Protein (g) 6 g
- Total Fat (g) 4 g
- Sodium (mg) 310 mg

## ALLERGIES

Wheat, mustard

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### [Chicken Fried Rice](#)

Cooking time

25 min

Ingredients

9 items

[SEE DETAILS](#)



### [Chili Con Carne](#)

Cooking time

40 min

Ingredients

13 items

[SEE DETAILS](#)



### [Korean Bibimbap](#)

Cooking time

40 min

Ingredients

17 items

[SEE DETAILS](#)



## **Pork and Shrimp Fried Rice**

Cooking time

40 min

Ingredients

9 items

[SEE DETAILS](#)

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