

Cucumber Basil Bites



June 2018

QUALITY CLINIC



Directions:

1. Arrange sliced cucumbers on a serving platter. Top each with 1 tomato slice, a sprinkle of basil, 1 Tablespoon Gouda cheese and a drizzle of Balsamic Vinegar.
2. Sprinkle with Kosher salt and cracked black pepper to taste.
3. Refrigerate and serve cold

Ingredients:

1. 1 large cucumber, sliced into 1/4 inch rounds
2. 2 Roma tomatoes, cut into 1/4 inch rounds
3. 4 large, fresh basil leaves, diced
4. 1/3 cup Gouda cheese, shaved into ribbons
5. 3 Tablespoons Balsamic Vinegar
6. Kosher salt and cracked black pepper, to taste

Tips, tricks and fun facts:

- **Cucumbers** contain most of the vitamins you need every day, just one **cucumber** contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc. 2. Feeling tired in the afternoon. Put down the caffeinated soda and pick up a **cucumber**
- **Basil** is rich source of vitamins A, B6, C and K and minerals such as iron, manganese and magnesium. **Basil** can be used fresh or in a dry form.

Nutrition facts:

Serving size: 1 recipe

Cal: 159

Protein: 7g

Fat: 3.8g

Carbs: 25g

Sodium: 189mg

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