

Cool Summer Cucumber Chicken and Tomato Toss

submitted by gracegza



Per serving: 87 Calories • 6.6g Carbs (1.8g Fiber) • 2.9g Fat • 9.3g Protein

Ingredients

Ingredients scaled to: 4 serving

- 1 large (8-1/4" long) **Cucumber** (280 grams)
- 2 large whole (3" dia) **Tomatoes** (364 grams)
- 9 sprigs **Fresh cilantro** (20 grams)
- 1/4 cup **Lemon juice** (61 grams)
- 1 dash **Salt** (0.40 grams)
- 1 dash **Pepper** (0.10 grams)
- 1 can (5 oz) yields **Canned chicken** (125 grams)

Directions

Directions are based on the original recipe of 4 servings

1. Place cucumber, tomatoes, and cilantro in a bowl. Season with lemon juice salt and pepper. Toss gently to coat. Add canned chicken and toss once more. Serve immediately or refrigerate until ready to serve.