

# KACHUMBER SALAD

This fresh salad has a base of cucumber, tomato, and onion. It is a variation of a staple found in many countries around the world. This particular recipe also includes jalapeno peppers which are high in Vitamin C and B6. They help boost your immune system and keep your cells functioning properly!

## Ingredients

- 3/4 C cucumber, diced
- 3/4 C tomato, diced
- 1/4 C red onion, diced
- 2 Tbsp Major Grey Chutney
- 1 Tbsp chopped cilantro
- 1 Tbsp minced jalapeno
- 1 1/2 tsp lime juice
- 1 1/2 tsp salt

Mix all ingredients together

Serve chilled

Makes 4 servings of 1/2 cup each  
36 calories per serving



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