

Cucumber and Red Onion Salad

Makes: 4 Servings

This quick salad recipe uses fresh cucumbers. Cucumbers are best eaten raw or barely cooked.

Ingredients

2 cucumbers

3 tablespoons white vinegar

1 tablespoon sugar

1/4 teaspoon salt

1/4 teaspoon black pepper

1 red onion (peeled, sliced and broken into rings)

1 teaspoon dry dill (if you like)

Directions

1. Rinse and scrub the cucumbers. Remove some of the peel in lengthwise strips using a vegetable peeler or fork and leaving a little skin between each strip.
2. Thinly slice the cucumber into circles.
3. Place the vinegar, sugar, salt, and pepper in a bowl and mix until the sugar is dissolved.

Nutrition Information

Nutrients	Amount
Calories	40
Total Fat	N/A
Saturated Fat	N/A
Cholesterol	N/A
Sodium	150 mg
Total Carbohydrate	10 g
Dietary Fiber	1 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	1 g
Vitamin D	N/A
Calcium	31 mg
Iron	N/A
Potassium	N/A

N/A - data is not available

4. Add the cucumber and onion; if using dill, add that too, and toss well. 5. Can be served at room temperature or chilled.

Source: Recipe adapted from SNAP-ED Connection Recipe Finder