

# CUCUMBER SALAD

## RECIPE



**PREP TIME: 10 MINUTES**  
**COOK TIME: 15 MINUTES**  
**SERVINGS: 4**

### INGREDIENTS:

1 large cucumber, sliced  
1/2 red onion, thinly sliced  
1 T. vinegar  
1 tsp. olive oil  
1 tsp. lemon juice  
Dash salt and pepper

### NUTRITION FACTS:

Serving Size: 1/4 recipe  
Calories: 38  
Fat: 2g  
Carbohydrates: 4g  
Protein: 0g

### DIRECTIONS:

Whisk together the vinegar, olive oil, lemon juice, and salt and pepper. Place the cucumber and onion in a bowl and pour the vinegar mix over it. Combine and refrigerate for at least an hour before serving.