

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.