

RECIPES

Cucumber and Red Onion Salad



Ingredients (4 servings)

- 2 cucumbers
- 3 tablespoons vinegar
- 1 tablespoon sugar
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 red onion, peeled and sliced
- 1 teaspoon dry dill (optional)

Nutrition Information per serving:

40 calories, 0 g fat, 1 g protein,
10 g carbohydrates, 1 g fiber,
150 mg sodium

Instructions

1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
2. Rinse and scrub cucumbers.
3. Thinly slice the cucumbers crosswise into circles.
4. Place the vinegar, sugar, salt and pepper in a bowl and mix until sugar is dissolved.
5. Add the cucumber and onion; if using dill, add that, too. Toss well.



CUCUMBERS

Choose: dark green, heavy, firm cucumbers.

Store: in the refrigerator in the vegetable keeper or a bag. Use within 7 days.

How much? 1 medium cucumber = 1 – 1 1/2 cups chopped