

Cucumber

SUMMER CUCUMBER DILL SALAD

Ingredients:

Salad:

- 1 lb sugar snap peas, trimmed
- 2 small cucumbers, unpeeled, thinly sliced
- 1 cup grape tomatoes, halved
- 1/4 cup fresh minced dill

Dressing:

- 1 lemon, juiced
- 1 tsp lemon zest
- 2 Tbsp olive oil
- 1/4 tsp black pepper

Preparation:

1. In a saucepan, bring water to a boil. Add peas & blanch 1-2 minutes or until bright green. Drain immediately & add peas to a bowl of iced water. Cool 2 minutes, drain & add to a large serving bowl.
2. Add cucumbers, tomatoes & dill to bowl. Toss to mix.
3. In a small bowl, add lemon juice, zest, oil & pepper. Whisk together.
4. Pour dressing over salad & toss to coat. Serve immediately.

15 Min | Serves 4

Nutrition Facts	
4 servings per recipe	
Serving size	(249g)
Amount per serving	
Calories	130
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 4g	14%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 66mg	6%
Iron 3mg	15%
Potassium 441mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Are calories & sodium close to a match?

1 for 1 certified

This recipe is 1 for 1 certified & meets a lower sodium standard.

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**CHOOSE
HOME
MADE**



CUCUMBER

In Season

June - July & September - October

How to Select

Choose firm, bright-green cucumbers that are free of yellow or brown spots.

How to Store

Store unwashed cucumbers wrapped in a paper towel in a zip-close bag up to 1 week. Do not store near air vent as cucumbers are very sensitive to cool temperatures.

Helpful Tip

Enjoy cucumbers with the skin on for more fiber, vitamins & minerals.



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