



## Patti Indelicato's Cool Cucumber Salad

Makes 1 cup, or 2 servings

1 medium cucumber  
Pinch of salt  
White vinegar  
Pinch of sugar (table sugar or  
coconut sugar)  
Fresh herbs like dill or chives,  
optional

### Directions

Peel cucumber. Cut cucumber in half and scoop out the seeds. Using a vegetable peeler or a mandolin, thinly slice the cucumber. Place slices in a bowl. Add vinegar, salt and sugar to taste. Top with herbs, if using.



**For more healthy recipes,  
please visit *Your Healthy Kitchen*  
via [www.yrmchealthconnect.org](http://www.yrmchealthconnect.org)**

### NUTRITION INFORMATION PER 1/2 CUP SERVING:

Calories	16
Protein	0 g
Carbohydrate	6 g
Fiber	0 g
Fat	0 g
Sodium	90 mg
Potassium	80 mg

Also a good source of Vitamin C and healthy phytochemicals

Cost per serving: \$ .10 if you use cucumbers from your garden