



Cucumber Salad

Ingredients:

- 2 lbs. cucumbers
- 2 green onion, sliced
- 1 garlic clove, minced
- 4 tbsp apple cider vinegar
- 1 tsp sweetener (Splenda/Stevia)
- 2 tsp dried dill or 2 tbsp chopped fresh dill
- ½ tbsp sea salt
- ¼ tsp black pepper

Directions:

1. Peel and slice cucumber thinly.
2. In a large bowl mix cucumber and green onion.
3. In a small glass, mix vinegar, garlic, salt, pepper and dill.
4. Pour vinegar mixture over cucumber, toss to coat.
5. Adjust taste with more salt and black pepper, if necessary.
6. Serve immediately.

Servings: makes 4 servings.

Each serving = unlimited vegetables, ½ cup select vegetables.

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