



Cucumber Salad

This salad adds color and a bright taste to your dish. Add extra veggies such as radishes for extra flavor.

<u>U.S.</u>		<u>Metric</u>
1/4 cup	Olive Oil	59.2 mL
1/4 cup	Apple Cider Vinegar	59.2 mL
1/2 Tbsp	Dijon Mustard	7.5 mL
1/2 Tbsp	Honey	10.5 g
1/4 tsp	Salt, Kosher	1.5 g
to taste	Black Pepper, ground	to taste
1 each	Carrot, shredded	1 each
2 each	Green Onion, finely diced	2 each
1/2 cup	Red Bell Pepper, diced small	74.5 g
1 each	Cucumber, thinly sliced half moons	1 each
1/4 cup	Basil, finely chopped	14.4 g

Preparation:

1. Gather all ingredients and equipment.
2. In a bowl combine the olive oil, apple cider vinegar, mustard, honey, salt and pepper, whisk thoroughly.
3. Place the carrot, green onion, red bell pepper, cucumber, and basil in the bowl. Pour the dressing over the mixture and toss to coat.

Nutrition Facts

Serving size	1/5 recipe
Servings	5
Calories	83
Calories from Fat	50
Total Fat	6 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	111 mg
Carbohydrates	7 g
Dietary Fiber	1 g
Sugars	5 g
Protein	1 g
Vitamin A	50 %
Calcium	0 %
Vitamin C	50 %
Iron	0 %
Phosphorus	23 mg
