



## Cucumber and Red Onion Salad

**Servings**—4

**Prep + Cook Time**— 15 min

**Equipment Needed**- Knife, cutting board,  
and mixing bowl

### INGREDIENTS

- 2 cucumbers
- 3 tablespoons white vinegar
- 1 tablespoon sugar
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 red or white onion (peeled, sliced and broken into rings)
- Optional: 1 teaspoon dry dill

### NUTRITIONAL INFORMATION

**Possible Allergens:** None

**Health Benefits:** Low in calories, fat and sodium.

### INSTRUCTIONS

- Rinse and scrub cucumbers. Remove some of the lengthwise strips using a vegetable peeler or fork leaving little skin between each strip.
- Thinly slice the cucumber into circles.
- Place the vinegar, sugar, salt, and pepper in a bowl and mix until the sugar is dissolved.
- Add the cucumber, onion and dill (optional) and toss well.
- Enjoy at room temperature or chilled.

### RECIPE SOURCE

<http://www.whatscooking.fns.usda.gov/>