Cucumber Salad

Ingredients:

1 large cucumber, thinly sliced
½ medium onion, thinly sliced
½ cup apple cider vinegar
¼ cup water
¼ cup sugar
1 teaspoon dried dill OR 1 tablespoon fresh dill
1 teaspoon minced garlic

Instructions:

1. Place sliced cucumbers and onions in a medium bowl.
2. In a small bowl, mix vinegar, water, sugar, dill and garlic until sugar is dissolved.
3. Pour dressing over cucumbers and red onions. Toss to coat.
4. Serve, or cover and chill in refrigerator for at least 20 minutes for a stronger flavor.

Prep time: 10 minutes
Refrigerator time: 20 minutes
Serves: 4
Source: LSU AgCenter

Nutrition Facts

4 servings per container
Serving size **1/2 cup**

Amount per serving
Calories **70**

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 16g	**6%**
Dietary Fiber 1g	**4%**
Total Sugars 14g	
Includes 13g Added Sugars	**26%**
Protein 1g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 0mg	0%
Potassium 123mg	2%

*The % Daily Value 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.

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