

# Cucumber Onion Salad

## Ingredients

3 cups cucumbers (thinly sliced)  
½ cup onion (thinly sliced)

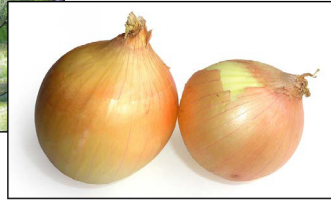
## Directions - Option 1

¼ cup vinegar or lemon juice  
2 tablespoons oil  
½ teaspoon salt  
1 tablespoon sugar (optional)

Mix together and add to the cucumbers and onions.

## Directions - Option 2

Place cucumbers and onions in a large bowl and sprinkle with 1 teaspoon salt.  
Let stand for 1 hour.  
Drain.  
Add ½ cup of light sour cream or mayonnaise.  
1 tablespoon fresh mint or dill weed (chopped).



Healthy Eating Active Living

Sponsored by Parkview Health and  
St. Joseph Community Health Foundation

## *Cucumbers are healthy because:*

Very low in calories, but rich in nutrients, cucumbers make a healthy, filling snack

Excellent source of Vitamin K

Contain a high potassium level, which helps promote a healthy heart