



## June 24- Cucumber Salad

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=487893>

### Recipe

*Ingredients:*

- 2 cucumbers
- ¼ cup red onions, chopped
- ¼ cup green peppers, chopped
- 1 tomato
- 4 Tablespoons balsamic dressing

*Directions:*

1. Peel and slice cucumbers. Dice tomatoes, onions and peppers.
2. Combine all vegetables in bowl and add dressing.

Yield 6 servings

<b>Nutrition Facts</b>	
Serving Size 1/2 cup (143.71g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 45	Calories from Fat 15
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	1%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber <1g	4%
Sugars 4g	
<b>Protein</b> <1g	<b>2%</b>
Vitamin A 6%	• Vitamin C 20%
Calcium 2%	• Iron 2%

\* Percent Daily Values are based on a 2,000 calorie diet.