



TANGY CUCUMBER SALAD

PREP TIME: 10 minutes

SERVING SIZE: 1 cup

COOK TIME: 0 minutes

SERVES: 2

INGREDIENTS

- 2 tablespoons red wine vinegar
- 1 tablespoon olive oil
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 medium cucumber, sliced (about 2 cups)
- ¼ small red onion, chopped (about 3 tablespoons)

PREPARATION

1. In a large bowl, whisk together the red wine vinegar, olive oil, salt, and black pepper.
2. Add sliced cucumber and chopped onion; toss until thoroughly coated.



Nutrition Facts

2 servings per container	
Serving size	1 cup (142g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 0mg	0%
Potassium 181mg	4%

*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.

ADAPTED FROM

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Recipe modified by CHOICES Nutrition Education Program

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ENSALADA DE PEPINO

TIEMPO DE PREPARACIÓN: 10 minutos

TIEMPO PARA COCINAR: 0 minutos

TAMAÑO DE PORCIÓN: 1 taza

PORCIONES: 2

INGREDIENTES

- 2 cucharadas de vinagre de vino tinto
- 1 cucharada de aceite de oliva
- ¼ cucharadita de sal
- ¼ cucharadita de pimienta negra
- 1 pepino mediano, rebanado (aproximadamente 2 tazas)
- ¼ pequeña cebolla roja, picada (unas 3 cucharadas)

PREPARACIÓN

- En un tazón grande, mezcle el vinagre de vino tinto, el aceite de oliva, la sal y la pimienta negra
- Agregue el pepino rebanado y la cebolla picada; Mezcle hasta que esté completamente recubierto.



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Dietary Fiber 1g	4%
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Includes 0g Added Sugars	0%
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