



## Cucumber Salad

### Dressing:

1 tbsp.	Rice vinegar
¼ tsp.	Brown sugar
Pinch	Cayenne pepper
Season with	Salt and pepper

2	Cucumbers, peel, halve and remove seeds. Cut into ¼-inch thick slices
¼	Purple onion, finely diced
1	Carrot, shredded

Makes 6 servings

- Whisk dressing ingredients together
- Pour over vegetables
- Keep refrigerated

Adapted from Healthy in a Hurry Cookbook from Eating Well Magazine

### Nutritional Information:

Calories: 16	Total Fat: 0.14g
Saturated Fat: 0.02g	Cholesterol: 0.0g
Carbohydrates: 3.34g	Dietary Fiber: 0.88g
Protein: 0.55g	