



Recipes

Cucumber Salad

Ingredients:

- 2 cups cherry tomatoes (sliced in half)
- 2 large cucumbers (chopped)
- 1 red pepper (chopped)
- ½ cup red onion chopped
- ¼ cup red wine vinegar
- 1 tablespoon dill chopped
- 15 chopped black or Kalamata olives
- 2 T olive oil
- ½ teaspoon pepper
- ½ teaspoon salt



Nutrition Facts

4 servings per container

Serving size

Amount Per Serving

Calories **120**

% Daily Value*

Total Fat 11g **14%**

Saturated Fat 0g **0%**

Trans Fat 0g

Sodium 0mg **0%**

Total Carbohydrate 4g **1%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 0g **0%**

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) 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.

Directions:

1. Mix all ingredients together
2. Let marinate for a few hours in the fridge before eating
3. Enjoy

Makes 4 servings

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