

Lime Cucumber Salad

TASTE CHANGES

15 Min. Prep | Makes 1 Serving

Ingredients

- 1/2 cucumber, chopped
- 1/4 lime, juiced and zested
- 1 tsp olive oil
- 1 dash of ground pepper
- 1 dash of salt

Directions

1. Toss everything in a bowl. Season with salt and pepper.
2. Let sit for 5 minutes before serving.

Notes

Enjoy as a light lunch or side dish to a dinner entrée.

Additional benefits:

- Cucumbers are low in calories and high in vitamins.
- Promotes hydration.

Nutrition Info

68 calories, 1g protein, 5g total fat, 1g saturated fat, 158mg sodium, 7g carbs, 1g fiber, 0g added sugars

