



Classic Cucumber Salad

Serves: 8 cups

Preparation time: 10 minutes

Ingredients

4 medium cucumbers, sliced (peeled or unpeeled)
1 medium onion, sliced
1 tbsp natural sweetener
3 tbsp lemon juice
¼ cup water
½ cup crushed Nori (unsalted)
Sesame seeds (optional) to garnish



Directions

- Combine cucumbers and onions in a bowl. Sprinkle with nori.
- Combine lemon, sweetener, and water in a separate bowl and mix thoroughly.
- Pour the lemon mixture over cucumber and mix well. Serve immediately.

NUTRITIONAL DATA PER SERVING (1 cup): calories 28 | fat 0.2g | saturated fat 0g | cholesterol 0mg | sodium 77mg | carbohydrates 4.6g | fiber 1.1g | protein 0.8g | potassium 191.8mg | phosphorus 30mg