

Cucumber with Onion Spice

Cucumbers are combined with a few spices for a low fat, low salt and dietary fiber source. Cucumbers are usually readily available especially for the “home gardener.” Contributors: Los Angeles Healthy African American Families’ staff and friends taste tested the recipes for CNESINC.org

Amount	Measure	Ingredients	Preparation Method
2 ½	Cups	Cucumbers	Score with a fork, cut into thin slices
1	Teaspoon	Onion powder	
1	Teaspoon	Sugar substitute	
1/3	Cup	White Vinegar	
1	Teaspoon	Pepper	

1. Score cucumbers with a fork (mark a line length wise w/fork). Cut into thin slices
2. Mix together onion powder, sugar substitute, white vinegar, and pepper.
3. Cover and chill 2 hours. Stir often

Yield: Five (5) ½ cup servings.

	Calories	Sodium	Total fat	Sat. fat	Chol	Fiber
Daily Value (DV)	2,000	2400 mg	65 g	20 g	300 mg	25 g
1 serving of this recipe	16	-	-	-	-	1g (4%)

Do you have recipes that you want us to modify?
Send it to Mable@cnesinc.org