

VA Share the Harvest - Gourmet Cucumbers

1/3 cup rice vinegar

1 Tbsp. sugar or artificial sweetener

1 medium cucumber, not peeled, thinly sliced (about 2 cups)

3/4 cup sliced sweet onion

1/4 tsp. ground black pepper

1/4 tsp. dried dill weed (optional)



Mix vinegar with sugar. Add remaining ingredients.

Serve immediately or marinate in the refrigerator for 2 or 3 hours. Serve with a slotted spoon or drain liquid before serving. Serving size 1/2 cup, makes 6 servings.

Nutrition Facts

Calories 23 (with artificial sweeteners 14), Total Fat 0g, Saturated Fat 0mg, Cholesterol 0mg, Sodium 3mg, Total Carbohydrate 5g (with artificial sweeteners 3g), Dietary Fiber 0g, Sugars 3g (with artificial sweeteners 1gm, Protein 0g

Adapted from Quick and Healthy Recipes and Ideas 3rd Edition: For people who say they don't have time to cook healthy meals by Brenda J. Ponichtera, RD. Available for purchase from the American Diabetes Association.