



# The Kitchen at Second Harvest Cucumber Onion Salad

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## Ingredients

- 2 cucumbers
- 1 red onion, sliced
- 1/3 cup apple cider vinegar
- 1/4 cup water
- 1 tablespoon granulated sugar
- 1 teaspoon fine sea salt
- 1 teaspoon ground black pepper

**Yield: 8 servings**



Find more recipes, free classes,  
and ways to get involved!



[secondharvestkitchen.org](http://secondharvestkitchen.org)

## Directions

1. Slice each cucumber in 1/4-inch slices and add to a large bowl.
2. Add in the sliced red onion (sliced into half moons) and toss to combine.
3. In a mason jar or small bowl, whisk together the apple cider vinegar, water, sugar, salt, and pepper.
4. Pour the dressing mixture over the cucumber and onion and toss to fully coat/combine.
5. Keep in the fridge until ready to serve. Enjoy!



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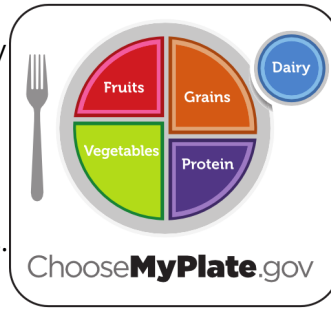
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## Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



 Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.

## Cooking Tips

- Add cotija cheese and oregano for some TexMex flair!
- Store leftover salad covered in the refrigerator for up to 3 days. You can make and store the dressing separately up to 5 days.
- If you like, finish the salad with fresh dill or parsley.

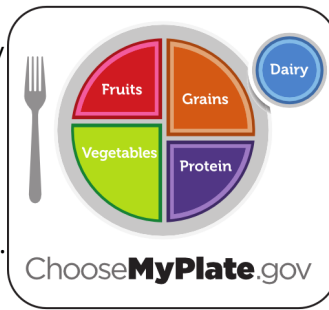
Second Harvest is an equal opportunity provider.




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## Nutrition Facts

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8 servings per container

Serving size

Amount Per Serving

**Calories** **25**

	% Daily Value*
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Sodium</b> 290mg	<b>13%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	<b>2%</b>

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.

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