



high blood pressure • low sodium
• weight loss • easy prep

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Recipe by Helen Morgan



Cucumber Salad

INGREDIENTS	INSTRUCTIONS
• 2 cucumbers • 1 red onion sliced • $\frac{1}{3}$ cup apple cider vinegar • $\frac{1}{4}$ cup water • 1 tablespoon honey • 1 teaspoon fine sea salt • 1 teaspoon ground black pepper	• Slice each cucumber in $\frac{1}{4}$-inch slices and add to a large bowl • Slice red onions into half moons and add to bowl, toss to combine. • In a mason jar or small bowl, whisk together the apple cider vinegar, water, sugar, salt, and pepper • Pour dressing mixture over the cucumber and onion and toss to fully coat/combine. • Keep in the fridge until ready to serve.

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