

A top-down view of two white ceramic bowls with blue rims, filled with a fresh salad. The salad consists of spiralized green cucumbers, sliced cherry tomatoes, sliced red onions, and dark purple olives. Fresh dill and orange slices are scattered throughout. The bowls are placed on a light-colored wooden surface. A white banner with red text is centered over the image.

SPIRALIZED MINI CUCUMBER SALAD

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Prep time: 10 Minutes

Cook time: N/A

Servings: 4 People

INGREDIENTS:

6 NatureFresh™ Mini Cucumbers

1 NatureFresh™ Orange Bell Pepper

22 TOMZ® Red Cherry Tomatoes

1 red onion

10 Kalamata olives

1 lemon

4 oz. low sodium feta cheese

¼ cup extra virgin olive oil

1/8 cup white balsamic vinegar

Fresh dill

Salt & ground pepper to taste

CHEF'S TIP:

If you don't own a spiralizer, you can also use a peeler to peel the Mini Cucumbers into ribbons!

DIRECTIONS:

Wash all vegetables before cutting.

Use a spiralizer to slice Mini Cucumbers into swirling vegetable strands.

Cut orange Bell Pepper and red onion into thin slices. Cut red Cherry Tomatoes into halves.

Mix all sliced vegetables together in a mixing bowl. Add Kalamata olives and feta cheese.

Add extra virgin olive oil and white balsamic to mixing bowl and stir.

Garnish with fresh dill. Add lemon slice on the side of each plate.

Serve and enjoy!