

Spiralized MINI CUCUMBER SALAD

This salad is a masterpiece! Use your spiralizer to make this Mini Cucumber Salad into a healthy, eye-catching dish.



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.



Nutrition Facts	
Serving Size (602g)	
Servings Per Container	
Amount Per Serving	
Calories 360	Calories from Fat 220
% Daily Value*	
Total Fat 24g	37%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 870mg	36%
Total Carbohydrate 27g	9%
Dietary Fiber 7g	28%
Sugars 13g	
Protein 12g	
Vitamin A 35%	Vitamin C 240%
Calcium 20%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Prep time: 10 Minutes
Cook time: N/A
Serves: 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!

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