

# Cucumber Salad

## Ingredients

2 large cucumbers, peeled,  
seeded and chopped  
1/3 cup scallions, minced,  
including some green tops

1/4 cup white vinegar or lem-  
on juice  
1/2 teaspoon sugar



## Directions

1. Combine all ingredients in a serving bowl. Add freshly ground black pepper to taste.
2. Chill in refrigerator

*Nutrition information per serving:*  
calories 36, fat 0.3g, protein  
1.7g, carbohydrates 8.2g, fiber 2.0g,  
sugar 6.1g, sodium 6mg