



Cucumber Salad



Serving
6-8



Prep
25 Minutes



Contributer
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- 3 Large cucumbers
- 1 ½-2 Red or yellow onions
- 2 Thin strips of red pepper
- 3 tbsp White wine vinegar
- 3 tbsp Honey Dijon mustard
- 3 tsp Dried dill weed
- 3 tsp Sugar
- ½ tsp Salt

1. Peel and cube cucumbers. Slice onions into rings. Finely dice red pepper strips.
2. Mix the remaining ingredients in a bowl. Add in cucumbers, onions and red pepper and stir.
3. Refrigerate for 3 hours stirring several times or leave over night.
You can pour off some liquid before serving.

DIETITIAN'S MESSAGE

An easy and healthy recipe perfect for a summer lunch. Add in chickpeas, tofu or chicken for extra protein. Serve alone or as a side dish.



Scan the QR code to view and download the **The Brain Health Food Guide** – an eating tool that includes a variety of healthy foods that supply your brain with the nutrients it needs to function best and will help lower the risk of dementia.

