



Cucumber Salad



Serving
6-8



Prep
25 Minutes



Contributor
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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.

CCNA
Canadian Consortium
on Neurodegeneration
in Aging



CCNV
Consortium canadien en
neurodégénérescence
associée au vieillissement