



Mmmmm Marinated Cucumber Salad



1/5th of recipe (about 1 cup): 33 calories, <0.5g total fat (0g sat. fat), 220mg sodium, 6.5g carbs, 1g fiber, 2.5g sugars, 1.5g protein

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Prep: 15 minutes

Chill: 4 hours



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Ingredients

1/3 cup apple cider vinegar
2 tbsp. reduced-sodium/lite soy sauce
2 packets no-calorie sweetener (like Truvia)
2 tsp. chopped garlic
1/2 tsp. crushed ginger
4 cups thinly sliced seedless cucumber (about 2 large cucumbers)
1 cup thinly sliced onion

Directions

In a large bowl, combine vinegar, soy sauce, sweetener, garlic, and ginger. Add 1/4 cup water. Stir until sweetener has dissolved and mixture is uniform.

Add cucumber and onion. Toss to mix.

Cover and refrigerate for at least 4 hours. (The longer it sits, the more flavorful it gets!)

Stir well, and serve with a slotted spoon.

MAKES 5 SERVINGS

HG Tip: Transfer to a large sealable bag before refrigerating. Then squeeze out the air, and seal. You'll get more even distribution of the marinade this way!

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